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## The incredible art of a stroke survivor



Before Cape Town resident Jeff Miller had a devastating stroke at the age of 65, he was an active and strong person who enjoyed running, hiking, kayaking, cycling and martial arts. He was also very artistic, always dabbling in a variety of different art forms.

Yet in the early hours of New Year's Day 2017, Jeff was found by his wife Su in his study, and she knew immediately that he was having a stroke. "We were told that he had suffered a massive stroke and that the likelihood of him talking or walking again was minimal. There was, without a doubt, going to be residual and long-lasting damage," adds Su.

Yet last month, the family celebrated Jeff's remarkable progress and recovery since that day, with an exhibition of intricate, inked artworks that he has created.

"The brain is an amazing thing — it can rewire and forge new pathways when damage occurs", Shana explains. "The most progress is often made in the first six months following a stroke, so right from the beginning my dad received physiotherapy, occupational therapy and speech therapy, and still attends all three almost two years later. He now also does hydrotherapy as well as music therapy — amazingly, stroke survivors can often sing even though they cannot speak."

At the exhibition, entitled 'Black and White Drawing', several of his works line the walls, each one a unique, mesmerising pattern of black ink on white paper. It is of the standard that even an able-bodied person would struggle to draw if they did not have his talent.

Each artwork takes many hours, so one can only imagine how much time it has taken Jeff to create them.

Continues on page 6

## Jewish community celebrates a royal 90th birthday

On 8 October, a gathering took place at the Glenhazel Shul in Johannesburg to pay tribute to Prince Mangosuthu Buthelezi for his 90th birthday.

Jewish community leaders including Rabbi Warren Goldstein, Ambassador Lior Keinan, Avrom Kregel, Shaun Zagnoev, Ben Swartz, Rabbi Avraham Tanzer and Wendy Khan used the opportunity to

pay their respects and show gratitude for the work he has done.

In an extract from his acceptance speech, Dr Buthelezi underlined his relationship with the Jewish community and Israel: "I cannot express the depth of my appreciation for your kindness, for celebrating my 90th birthday and honouring our friendship. I am proud to see how many friends I have in the Jewish community."

## Eliot Osrin graduates reflect on their leadership journey



2018 cohort graduates Rabbi Jonathan Altman, Roberto Franco and Michelle Scher listen to feedback from the panel after their group presentation

Thirty-two Eliot Osrin Leadership Institute graduates shone on 15 October at their culmination event, sharing with community stakeholders their leadership journey.

They revealed how much they have grown, evolved and developed. After a six-month, three-module programme, rendered by

expert faculty, this 2018 cohort must be watched as they bring new energy and talent to the leadership pipeline revitalising and reshaping Cape Town Jewry. Generations represent the cyclical nature of life and community and so this citation for their graduation aptly applies:

*'As the generation, so the leader; as the leader, so the generation'* (Talmud Yerushalmi, Sanhedrin).

*"Our family is thrilled at the very impressive and successful outcome of the first emerging Leadership programme. We know that Eliot would have been very gratified and proud at the accomplishment of this institute which bears his name. We congratulate all the graduates and faculty members and thank, in particular, EOLI's amazing director, Viv Anstey, ably assisted by Melissa Zolty, for so brilliantly transforming a vision into a powerful force for securing and nurturing our community's future leadership and well-being."*

Myra, Malcolm, Jeffrey & Bernard Osrin

*"The EOLI programme has empowered me to be a new generation leader to our Jewish community and to serve wherever I will be best suited to make a difference. It has been the most professional leadership course I have ever attended having worked alongside a group of phenomenal peers, incredible organisers, lecturers and current leaders. Thank you sincerely EOLI."*

Roberto Franco (2018 EOLI Graduate)

Continues on page 33

## Mitzvah Day comes to Cape Town

On Sunday 18 November Mensch will host and facilitate the first Southern Africa-wide Mitzvah Day.

On this day each one of us can make a positive difference to the world we live by giving our most valuable possession — our time. Over 40 000 volunteers in 30 countries

will be taking part in International Mitzvah Day.

Groups of people will identify a beneficiary they would like to support and decide on an activity to do. Everyone will plan and run their own day, supported by Mensch with logistical guidance and advice, social media, marketing and branded merchandise.

See page 31 for more information on this exciting project

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# Lindy with a why

## Why what people think of you is not your business

By Lindy Diamond, Editor Cape Jewish Chronicle



### An open letter to my tween

Dear child, I chatted to you the other night and marvelled at how grown-up you have become. I also realised as we talked, that I had so many things I wanted to say, but I also wanted to let you talk uninterrupted. So I made mental notes, and before the opinions of your peers hold far more weight than those of your parents, I thought I would impart the following advice.

We have a right to our opinions. I have likes and dislikes, favourites and not-so-favourites. There are people I like and people I just don't. My opinions are, to my mind, generally justified, logical and fair. And so, if I can recognise my right to an opinion, I need to recognise other people's right to theirs.

You don't have to like everyone, that's OK. Not everyone will like you either, and this is OK too. What other people think of you is none of your business.

According to award winning writer Mara Shapshay, there are seven signs that show you may care too much about what other people think. I know these resonate with me and hearing your worries tells me they may resonate with you too.

**Taking things personally.** Reminding myself that how other people behave is based on their own reality and has little to do with me is something I have to do constantly. I agonise over 'what did she mean by that?' and 'why isn't he more friendly to me?' I waste time worrying about these interactions instead of focusing on the ones that bring me joy. (From general experience in these cases, it turns out that she meant nothing by it, and he is just quite shy)

**Self-sensoring.** What if you are too you? Or not enough you? It's exhausting to worry continuously about whether every word you say is good enough. Just stop. You are good enough. Your personality is pretty much set by now. I'm hoping the toilet humour refines into something a bit more sophisticated, but when all is said and done, this is you, and I like you. Others do too.

**Not pursuing your dreams.** Your life belongs to you. I'm just here to help while you develop a moral code and

grow legs long enough to reach the pedals. And at the end of your life, whenever that time comes, it is your opinion on whether it was kick-ass or not that will matter. If you continue to want to be a spy when you grow up, I will support you. Whenever I ask you what you wish you had more of in your life, you say 'adventure'. This both thrills and terrifies me in equal measure.

**People pleasing.** Wanting people to like you is the most exhausting pastime of all. There are so many memes out there about finding your vibe and your tribe, but honestly if you be a mensch I think it will all work out.

**'I got this' mentality.** Think about how good you felt the last time a person you cared about asked you for help? Now return the favour and ask for some help yourself. We all love to help and feel helpful, and yet we don't want to be a burden and ask for help ourselves. What a paradox. No-one gets that good feeling that comes from feeling needed if we don't be needy from time-to-time.

**Fear of rejection.** There are myriad stories of successful people being rejected 101 times before their big break. Maybe you will only need 87 times. Maybe it will never happen for you. But the only way to guarantee that you will never be rejected is if you never try. You'll need grit and sticktoedness and a determined chin. I have at least provided you with the third.

**Approval addiction.** Constant approval and validation are addictive. It feels so good to have other people tell you that you are worthy of something. Try not to depend on this. The well of other people's approval often dries up and you need to rely on your own supply when this happens. Keep a bucket full of your strengths and skills to dowse that niggly voice of doubt when it rises inside you.

And most importantly, dear child, remember that there is only one you in the whole world. Any time you feel small or unimportant think of how much of the universe had to come together in precisely the right amounts to make the wonder that is you. You have a purpose on earth that only you can know. It is a singular gift for me to watch you find it.



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# Community Noticeboard

**THE SHABBOS PROJECT**  
26-27 October See page 19

**GARDENS SHUL — Friday Night Live**  
Historic pre-Shabbat communal Candle Lighting Ceremony in the Company Gardens followed by a sushi and sparkling wine brocha  
23 November @ 5.30 pm See page 11 for details.

**SOUTH AFRICAN JEWISH MUSEUM**  
Herzlia High School Matric Exhibition See page 25

**JACOB GITLIN MEMORIAL LECTURE**  
To be delivered by Howard Sackstein on 20 November at 6 pm

**MENSCH – International Mitzvah Day**  
Sunday 18 November See page 31

**CT HOLOCAUST AND GENOCIDE CENTRE**  
Commemorative Lecture  
80 years after Kristallnacht – November 1938  
**MERCI CONGO - Documentary**  
Tuesday 6 November 6 pm Details on page 27

**THE PROFETI DELLA QUINTA**  
The Songs of Solomon: Hebrew sacred music by Salomone Rossi and Elam Rotem  
Live in South Africa. 11 November 7 pm Venue: Gardens Synagogue.  
Booking: Di Golding: [dinx@golding.za.net](mailto:dinx@golding.za.net) See page 14



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		Earliest	Latest		
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9 Nov/1	Kislev	Toldot	6.15pm	7.03pm	7.59pm
16 Nov/8	Kislev	Vayetzei	6.15pm	7.10pm	8.06pm
23 Nov/15	Kislev	Vayishlach	6.15pm	7.17pm	8.13pm
30 Nov/22	Kislev	Vayeishev	6.15pm	7.23pm	8.20pm

N.B. Please note that the times indicated are the earliest times for candle lighting. Please consult your Rabbi.

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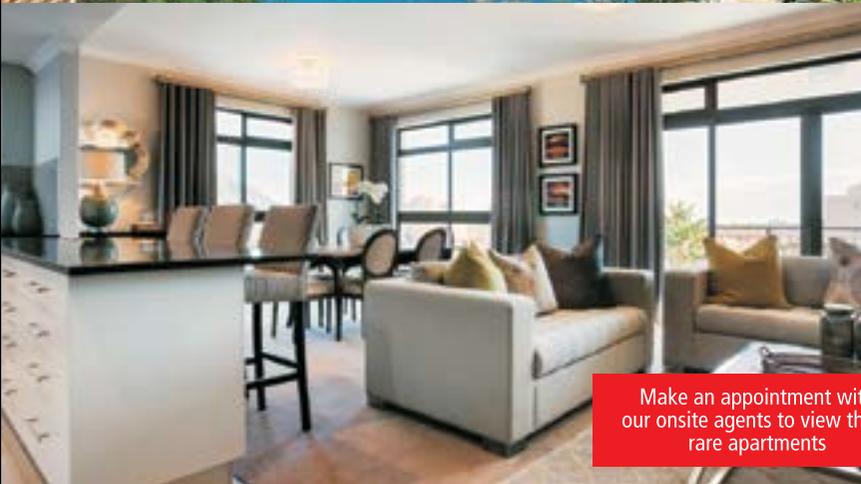
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Continued from page 1

## The incredible art of a stroke survivor

By Tali Feinberg

Jeff has come a very long way, albeit slowly. He walks with the help of a walking stick and custom-made AFO (ankle-foot orthosis), and continues with therapies. He practises daily functions so as to re-integrate himself into normal life.

“He continues to have severe apraxia and global aphasia though, so his speech and cognition are still, unfortunately, fairly limited. He has also trained himself, with the help of his OT, to write and draw with his left hand, which is an incredible achievement,” says Su. And this, in many ways, has been his saving grace.

“Because he is unable to talk, art has become his mode of communication and an outlet for him to express his ideas and emotions. To be honest, he was always a man of few words, so art has always been his way of expressing himself,” explains Shana. “He is actually far more controlled with his left hand than he was with his right, and because he is now creating with his other hand, his works look slightly different to his previous ones, although you can still see they’re his — he has a unique ‘signature’ that is undeniable if you look at his old and new work. By wanting to be able to still create, it has forced him to use his left hand which has greatly aided his progress on that side.”

The exhibition is a bright and beautiful gathering of family and friends, celebrating the joy of Jeff’s progress, recovery and resilience. In fact, in the past, his work has always been very colourful and vibrant. “Who knows why he’s turned to black

and white. It’s just how his art has come out since his stroke. Perhaps it’s just evolved given his limitations,” says Shana.

Speaking to the crowd gathered, she said: “When you love something so much, you fight to find a way to keep doing it even if it means veering slightly from your previous path, making adaptations and tackling incredible adversity head-on. You make a plan because it’s your dream and a piece of you. Even when the rest of you is changed and somewhat broken, nothing can destroy this shining fibre of your being. It guides you, gives you strength and acts as a link to not only your past,



The Miller family: Su, Pauline Lewak (Su's mother), Nathan, Jeff and Shana

but to your future as well. You hold on for dear life and you continue to create, shape and express.” The drawings have been received by family, friends and the community with much excitement and amazement. “People are so happy for him that he is able to carry on with his passion and we are all just taken aback at how wonderful and detailed his current work is. We’re grateful that he can still express himself in this way,” explain the family.

Their hope for him is that his progress continues and that he remains happy and healthy. “Of course we hope and pray that his language returns one day, as well as the use of his right side. Mainly, we just hope he continues to live a happy and full life, as much as possible.” Their message to others is just to be grateful for your health, and to learn to recognise the signs of a stroke so that you are able to get help faster should someone close to you find themselves in the same position — time is of the utmost essence when it comes to strokes. Also, for people to be more aware of disabled people and their needs — for instance, the amount of non-disabled people who park in disabled bays is astonishing.

Finally, Su says, “You can triumph over the trauma you experience, both as the individual and the family. It takes lots of hard work, a strong will and incredible determination, but you can make the best possible life for yourself given your new circumstances.

Life will be different and at times incredibly difficult, but it can still be happy and full.”



(Detail)  
Robert Hodgins  
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## A VIEW FROM THE BAR

## Why the delay in reporting assault?

By Anton Katz



**The fact that the sexual assault allegations by Professor Ford against Judge Kavanagh relate to events occurring more than thirty years ago raises systemic issues all over the world.**

The South African Constitutional Court judgement in *Levenstein v Estate Frankel* in June 2018 touched upon key aspects of the Ford/Kavanagh saga. That is the delay in reporting sexual assault crimes. The late Sydney Frankel of Johannesburg was accused by a number of adults of having sexually assaulted them when they were children. But the accusations were only made many years after the commission of the alleged crimes. The evidence included numerous and reputed scientific studies demonstrating that there is nothing exceptional or irregular about Professor Ford's and indeed all survivors of sexual assault reporting of the events so many years later.

The South African Court was faced with a challenge to legislation dealing with the time barring of certain types of criminal prosecution: a group of survivors of sexual assault as minors attacked the constitutionality of legislation which distinguished between rape on the one hand, and sexual assault on the other. There was no statute of limitations (prescription) for rape, but for other crimes there was a twenty year period. So, if Professor Ford had alleged that Judge Kavanagh had raped (non-consensual penetration) her in the 1980s her criminal complaint would have had to be investigated. But if, as was the case, she complained of a sexual assault, then after twenty years a prosecution in South Africa would have been barred.

The Constitutional Court declared the prescription law invalid on the basis that it was irrational to distinguish between rape and other sexual crimes for purposes of the time bar. There should be no time bar for sexual crimes at all the Court held. The Court's reasoning is interesting. It emphasised that: "although rape is the "most reprehensible form of sexual assault other forms of sexual abuse also constitute "a humiliating, degrading and brutal invasion of the dignity and the person of the survivor". Sexual abuse infringes the survivor's right to bodily and psychological integrity. The prescription period of 20 years is insufficiently cognisant of the nature and process of sexual assault disclosure.

There are numerous reasons why adult survivors choose to report a sexual offence against them after a long period of time. Personal

circumstances of the survivor change; with time comes an ability to process the trauma suffered as a result of the violence. She may seek out psychological help which empowers her to report the criminal conduct. Survivors develop resilience over time, and together with resolution of the trauma are able to report the matter to the police or the survivor may change communities with which she engages, which may be more accepting of women who are sexually abused. She may have a supportive partner later on in life who encourages her to report the attack. Someone else may report a sexual offence committed by the same perpetrator which may give the survivor courage to report.

Too often, survivors are stifled by fear of their abusers and the possible responses from their communities if they disclose that they had been sexually assaulted. Combined with this is the frequent impact of deeply-located self-blame, which disables the victim from appreciating that a crime has been committed against her for which the perpetrator, and not he or she, is responsible.

These features of survival of sexual trauma make it rational to be reluctant to report and to avoid reporting. And this is before considering the effect of rape trauma syndrome — the now recognised patterns of emotional, physical, cognitive and behavioural disturbances that approximately one in three survivors of sexual assault develop. Even if a survivor is fully aware of the abuse, he or she naturally weighs up the possibility of reprisals from the perpetrator together with the possible lack of support from the police and the statistically small eventuality that reporting will actually, result in a conviction.

The evidence before the Frankel Court demonstrated that only one in three rape survivors seek assistance from formal social systems.

Delayed reporting of criminal activity does not make things easy for any one. The alleged perpetrator, the survivor, and society are all at some disadvantage. But when persons question why a survivor took so long to come forward with serious allegations it is necessary to accept that it is the norm to take some time, even many years, to report the traumatic event.

*Anton Katz SC, a senior counsel practicing at the Cape Bar, was a member (2011 — 2018) of the United Nations Human Rights Council Working Group on mercenaries*

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## What is antisemitism?

**Tony Ehrenreich, Marius Fransman and Velaphe Khumalo have recently been forced to apologise for their antisemitic comments. But what did they mean?**

**W**hat is antisemitism? What makes a person an antisemite? How long has antisemitism been around? Antisemitism is any form of hostility, prejudice or hatred levelled against Jewish people because of their faith and background. It's considered to be a form of racism, and those who hold antisemitic beliefs are known as antisemites.

The Cape Board uses the working definition of antisemitism as set out by the The European Forum which has been adopted by 35 countries, including the UK and Germany, to monitor and assess anti-Semitic incidents in the Cape.

Rael Kaimowitz, Chairman of the Cape Board says "Resilience to language and ideas that incite discrimination can only be ensured through education. It is important that as a community we take personal responsibility for understanding the nuances of antisemitism so that we are mindful of our own and others' prejudices. We encourage community members to read the European Forum's definition of antisemitism, so they too can proactively tackle issues they may encounter."

"Antisemitism is a certain perception of Jews, which may be expressed as hatred toward Jews. Rhetorical and physical manifestations of antisemitism are directed toward Jewish or non-Jewish individuals and/or their property, toward Jewish community institutions and religious facilities."



In addition, such manifestations could also target the state of Israel, conceived as a Jewish collectivity. Antisemitism frequently charges Jews with conspiring to harm humanity, and it is often used to blame Jews for 'why things go wrong.' It is expressed in speech, writing, visual forms and action, and employs sinister stereotypes and negative character traits.

Contemporary examples of antisemitism in public life, the media, schools, the workplace, and in the religious sphere could, taking into account the overall context, include, but are not limited to:

- Calling for, aiding, or justifying the killing or harming of Jews in the name of a radical ideology or an extremist view of religion.
- Making mendacious, dehumanising, demonising, or stereotypical allegations about Jews as such or the power of Jews as collective — such as, especially but not exclusively, the myth about a world Jewish conspiracy or of Jews

controlling the media, economy, government or other societal institutions.

- Accusing Jews as a people of being responsible for real or imagined wrongdoing committed by a single Jewish person or group, or even for acts committed by non-Jews.
- Denying the fact, scope, mechanisms (e.g. gas chambers) or intentionality of the genocide of the Jewish people at the hands of National Socialist Germany and its supporters and accomplices during World War II (the Holocaust). Accusing the Jews as a people, or Israel as a state, of inventing or exaggerating the Holocaust.
- Accusing Jewish citizens of being more loyal to Israel, or to the alleged priorities of Jews worldwide, than to the interests of their own nations.

Examples of the ways in which antisemitism manifests itself with regard to the State of Israel taking into account the overall context could include:

- Denying the Jewish people their right to self-determination, e.g., by claiming that the existence of a State of Israel is a racist endeavour.
- Applying double standards by requiring of it a behaviour not expected or demanded of any other democratic nation.
- Using the symbols and images associated with classic antisemitism (e.g., claims of Jews killing Jesus or blood libel) to characterize Israel or Israelis.

- Drawing comparisons of contemporary Israeli policy to that of the Nazis.
- Holding Jews collectively responsible for actions of the state of Israel.

However, criticism of Israel similar to that levelled against any other country cannot be regarded as antisemitic.

Antisemitic acts are criminal when they are so defined by law (for example, denial of the Holocaust or distribution of antisemitic materials in some countries).

Criminal acts are antisemitic when the targets of attacks, whether they are people or property — such as buildings, schools, places of worship and cemeteries — are selected because they are, or are perceived to be, Jewish or linked to Jews.

Antisemitic discrimination is the denial to Jews of opportunities or services available to others and is illegal in many countries.

## Anti-Semitic graffiti in Cape Town

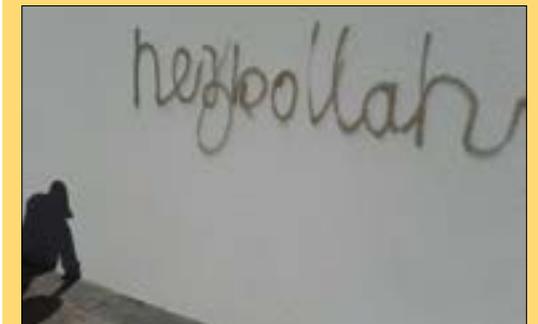
**Graffiti has been a part of the social fabric of urban society since the 1960s.**

Despite the occasional pieces which may be deemed as street art, most instances of graffiti are often simplistic tags which offer disputed aesthetic benefits and serve a means to progress the ideals of the 'artist'.

The fact of the matter is that Graffiti is illegal in Cape Town and is considered a public nuisance by law. Especially so when it is offensive in content. The Cape Board has turned to the City of Cape Town this year to clean up painted swastika's and the likes off of buildings and walls in the city.

We are fortunate that we are able to work with Mr. Cornelius Fortuin at the City of Cape Town municipality who ensures that the work is removed quickly and efficiently.

Gwynne Robins from the Cape Board's professional team handles the cases of vandalism and graffiti on behalf of the community. #noplacforhate



*The work of a follower of Hezbollah supporter. Hezbollah ('Party of G-d') is a terrorist organisation, based in Lebanon, whose goal is the destruction of Israel.*



*Recently reported swastika graffiti on a building in Keizersgracht Road*

**To report antisemitic graffiti, phone our office on 021 464 6700**



# NO TO HATE IN OUR COUNTRY.



## Muslim-Jewish Interfaith Coalition Inaugural Forum Essaouira — Kingdom of Morocco

This year the Cape Board helped community member Lauren Joffe attend the Muslim-Jewish Interfaith Coalition Forum in Morocco.

As an active member of the community, Lauren was one of 70 youth leaders from around the globe to participate in the event that took place in Essaouira, Morocco, a coastal town, known for its long history of coexistence between Muslims and Jews.

Lauren and the participants walked away from the forum with a more nuanced understanding of the theological, cultural, and deeply personal underpinnings of Judaism and Islam. Participants also left with a deeper understanding of the complexity of the issues that often separate our communities as well as with a deeper appreciation for the values and experiences that bind us together.

Lauren brings back what she learnt to the community and will be participating in talks at UCT and Moishe House as well as working with SAUJS and the SAJBD to facilitate interfaith engagements in the region.

Lauren says about the experience, "I am grateful that I got to experience this forum because it has provided me with the opportunity to learn more about my own religion and culture through others. It was also a proud moment to share stories from our Cape Town community with likeminded people from across the world".



Lauren Joffe with André Azoulay, Jewish Senior Adviser to King Mohammed VI of Morocco



The 70 young Muslim and Jewish cohort from all around the world



Lauren Joffe with Hakeem, a Palestinian American from the cohort



A break-out session at the conference discussing the Ketubah



**NO TO HATE** IN OUR COUNTRY.



## That time in the forest

By Kayli Vee Levitan

### Three days of crying and laughing — that was all about connecting.

LaunchPad, LaunchPad, LaunchPad. What even is LaunchPad?

Here's the TL; DR aka the "too long; didn't read" version" ... Ahem...

LaunchPad is an annual 3-day retreat/conference/soul-opener, where a bunch of people from different sectors, who want to leave the world a better place than when they entered it, get together, open their hearts, dig deep, and leave with a renewed sense of purpose and passion. In conclusion: apply as soon as you can for the 2019 retreat, it will change your life.

Ok. Now for those of you who have a bit more time on your hands - or a longer attention span - let's do short story, long.

We live in the most connected, disconnected world. Even with thousands of 'friends' on social media, people don't really talk anymore. Don't get me wrong, I'm not bashing the internet, I think it's wonderful and gives us opportunities to create change like never before, but it does give a very false sense of connection. This false connection transfers into real-life. How many times has this happened to you: you meet someone at an event,

Shabbos or birthday. You get on really well. You think, "hey what a great human, we should totally be friends". And then you never speak to them again. Or my all-time fave, bumping into to someone you do know and going through this script: hey-how-are-you-oh-I-am-great-and-you-ya-I'm-great-works-good-me-too-just-busy-ya-me-too-great-to-see-you-ya-you-too-let's-catch-up-ya-I-will-message-you-great-awesome-yay! But you don't.

And what does this mean for us? Because we don't talk, we don't connect. Because we don't connect, we don't reflect. Because we don't reflect, we don't grow, we don't think differently, we don't open our minds.

Until you're forced to.

From the minute you arrive at LaunchPad, you're thrown in the deep-end of connection, both to yourself and those around you. Each of the ice breakers, workshops and challenges make you think about who you are, what you stand for, and why. Then you share it with your group. While opening up to complete strangers is not something I tend to do on the regular (or ever), there is this beautiful security and even serenity in knowing that everyone in the room is there because in some way or other they care about others and what to contribute to a better world. This sharing

allows you to learn so much about yourself while learning about, and from, others — making you so, so, so much more aware, conscious, and ultimately, connected.

Whatever you're passionate about, from sustainability, to reconnecting the youth to Judaism, women's rights, or mental health and wellness and so much more — people are there to listen and learn, and if possible, solve.

Three days with innovators, change-makers, creators, and thinkers - strangers who become friends. We were inspired, motivated and challenged. We worked together to build each other up, to challenge the norm, to look for better ways of doing things.

Thank you to the entire LaunchPad SA team, the speakers, the facilitators and of course the participants. I left completely inspired (and exhausted) — and wishing that I could do it all over again.

*(Kayli Vee Levitan was a participant of Launchpad SA 2018.)*



The SAJBD (Cape) is a proud sponsor of the UJC initiated Launchpad retreat which saw 31 Jewish people aged 21-43 connect with one another and their Yiddishkeit.



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**SOUTH AFRICAN ZIONIST FEDERATION CAPE COUNCIL**



SAZF CAPE COUNCIL



**Know your SAZF Cape Council Mancom**

By Julie Berman, Executive Director SAZF Cape Council

At the recent SAZF Cape Council Biennial Conference, 14 people were elected onto the Mancom of the SAZF Cape Council. Get to know who our Management Committee, Staff, Shlichim & Youth Movement Leaders are below.



Adv. Jonathan Silke (Honorary Life President)



Ben Levitas (Immediate Past Chairman)



Rowan Polovin (Chairman)



Rodney Mazinter (Vice Chairman)



Esta Levitas (Vice Chairman)



Victor Boyd (Treasurer)



Julie Berman (Executive Director)



Maxine Boyd



Ronen Cohen



Tracey Cohen



Adrienne Judes



Tamar Lazarus



Cindy Moritz



Karen Marsden Sank



David Silverman



Rabbi Sam Thurgood



Hila Zetler



Nicole Lee (SAUJS Director)



Lee Lobel (Diller Teen Fellows Co-ordinator)



Jason Bourne (Netzer Rosh Cape Town)



Chanan Suiza (Bnei Akiva Chairman Cape Town)



Zac Fleishman (Habonim Sgan Mazkir)



Lavi and Avia Wolff (Bnei Akiva Shlichot)



Dashi Jusid (Habonim Dror Shaliach)



Yvette Rosenberg (Function Co-ordinator)



Olivia K (Media and Political Liaison)



Natasha Eidelman (PA and Admin)



Michal Ilan (Community Shlicha)

SAZF CAPE COUNCIL



**Greek and Jewish Cultural Event**

By Olivia K, Media and Political Liaison, SAZF Cape Council

Rowan Polovin, Chairman of the SAZF Cape Council, spoke about the deep cultural bonding between both societal groups, “We are strong and proud diaspora communities in this country, proudly South African and proud of our spiritual, religious and cultural connection respectively to the Jewish State of Israel and the Hellenic Republic of Greece”. This was emphasised by the honorary life president of the Hellenic Community of Cape Town, Demetrius Zitianellis, “this event highlights the rich heritage between both our communities” in which we share for centuries and “no one has contributed to civilisation more than Jews and Greeks”.



MP Michael Bagraim addressing the Hellenic Cape Town community and SA Jewish community

On Wednesday October the 3rd, the SAZF Cape Council had the pleasure of attending the Greek and Jewish cultural event that was hosted by Members of Parliament George Michalakis and Michael Bagraim. The function took place at the Old Assembly Chamber at the South African Parliament. Supported by both the Hellenic Community of Cape Town and the South African Jewish Community, the event celebrated the long and special relationship between the communities.

Minister Marais also stated how great this event is by representing South African values to its core. This “tapestry” of diversity has a crucial impact socially and economically which in turn helps build new capacities and realisations for human rights.

Those present were also entertained by Jewish and Greek choirs who sang about peace and unity.



The Shalom Choir singing songs of peace and unity at Parliament



HABONIM DROR




NETZER



Have you signed up for the best Machaneh ever?

By Jason Bourne,  
Rosh Cape Town

With Machaneh Adama V'Shamayim just a month away we can't help but get excited.

Some of our amazing madrichim have already started packing their bags in anticipation. With so many special days like Israel Day, Tikkun Day and Colour Wars we can't decide what we're more excited for. Not to mention the beach days, the dam that is literally a 2-minute walk away and our amazing kabbalat Shabbat services.



Don't forget to fill in your camp form ASAP: [www.netzer.org.za/sign-up](http://www.netzer.org.za/sign-up)

BNEI AKIVA



Crazy chagim!

By Chanan Suiza,  
Chairman, Bnei Akiva Cape Town

us for a whole year and we are looking forward to a year of fun, laughs, progress and good times.

Throughout the chagim, we had been relatively quiet but Simchat Torah is when things started to get interesting. Simchat Torah night is the official night for donations to Bnei Akiva. We were hosted by Beit Midrash Morasha Shul and joined by the Yeshiva College Cape Town tour, the vibe was on fire. The whole night was coordinated by our Cape Town Coordinator, Hayden Norrie. With his leadership, we have raised a record number of chanichim for this year's camp, a staggering 42 chanichim which is unheard of! We look forward to being back in action and pumping all the way to camp.

What a crazy month we have had! With open arms we are happy to announce the arrival of the new Bnei Akiva shlichim, Avia and Lavi Wolff. Fresh from Israel, these two amazing individuals will be joining



Avia and Lavi Wolff

SAUJS



It was all Glitz & Glam at SAUJS WC's Year-End Masquerade Formal Dinner Dance

By Nicole Lee, Director

For the second year running, SAUJS WC hosted its annual formal dinner dance – this time with a masquerade theme!

The breathtaking views of the Hout Bay Valley, exquisite décor, cool tunes and fancy dress really made for a picturesque evening that everyone thoroughly enjoyed. We would like to thank our sponsors – the Israel Centre, UJW, UJC, SAZF Cape Council, Cape Jewish Chronicle, CJSA, Judes Mallel Families, Goldman Family and Astra – who all made this event extra special.



SAUJS WC members toast l'chaim and make memories at the Masquerade Formal Dinner Dance



THE ISRAEL CENTRE



Connecting through music

By Michal Ilan,  
Community Shlichah

Our P2G region hosted the Herzlia Vocal Ensemble for a day of music and Mifgash (interaction). They started the day at Or Middle School to launch the twinning programme with Herzlia Middle School. After their performance they met with the Grade 8 pupils, they got to know each other and learned about each other's schools and practices.

After a nice hike in the Mateh Yehudah region, the Vocal Ensemble continued to a Community Centre in Beit Shemesh, where they met with a youth choir. This was their first face-to-face meeting after seeing videos of each other and preparing for the visit. They had a few workshops together and had time to chat, sing and dance. This was such a meaningful experience and we hope to make it even more meaningful and host the Beit Shemesh choir in Cape Town next year.



The Herzlia Vocal Ensemble performing at Or Middle School in Tzur Hadassah



South African's and Israeli's discussing similarities and differences

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# THE KESHET PROGRAM AT SHEBA MEDICAL CENTER: ON THE CUTTING-EDGE OF TREATING CHILDHOOD AUTISM DISORDERS

BY KEN STEPHENS

(Ramat Gan, Israel)-The Keshet Center, under the tutelage of world-renowned Dr. Lidia Gabis, is celebrating its Bar Mitzvah year (13) as a mecca for diagnosis, treatment and research of autism spectrum related disorders.

Keshet, located within Sheba Medical Center's Weinberg Child Development Center at the Edmond and Lily Safra Children's Hospital, offers multidisciplinary evaluation and treatment for children with developmental disabilities from newborn through adolescence.

The Center currently provides clinical services to over 1000 new children per year, and sees approximately 800 ongoing patients per month.

The Center includes three daycare facilities for disabled children and care is provided daily to the children by a professional team of teachers, therapists and consultants.

Dr. Gabis and her team of highly trained professionals have created the **Keshet Intervention Program**, a unique method of intensive intervention designed for preschool children with autism for inclusion in regular education. It is a bi-weekly intensive multidisciplinary treatment program including parents as part of intervention team. During the past 12 years more than 350 children finished the program and were entered into regular education programs. During the new school year, the program will be provided to 40 children. The success of this program has created a demand

that is twice as many as Keshet can accept.

"In the past, many parents had no idea what to do with their kids because autism is not an easy thing to deal with. However, when parents become involved with this program, they have the tools and knowledge of what to do and how to deal with their children," revealed Dr. Gabis. "We are also involved with research and evaluation regarding the use of a human-like robot called 'Casper' to teach and treat children with autism. I would like to see 'Casper' make Aliyah so we can see if a robot can indeed have a positive impact on children with autism spectrum disorders. The future is here."

Within the realm of cutting-edge research, Dr. Gabis is in the midst of conducting a new pharmacological study of combined Autism treatment using a drug used for Alzheimer's (Donepezil) in tandem with with Choline. The research was recently submitted for publication this year. The combination showed improvement in language in young children with autism.

Keshet and the Weinberg Child Development Center also highlights a "Babies at Risk" clinic, which has an open door policy for diagnosis of newborns through 2 years of age with developmental concerns. Parents can refer their children if there is any concern, including siblings of children with autism, findings during pregnancy or any parental or Tipat Halav concern. The diagnostic process is expedited



Dr. Lidia Gabis at Sheba's Keshet Center

and multidisciplinary. Based on 300 babies who were referred to this clinic, a significant diagnosis was made in more than 90% and an autism diagnosis in 40%.

And there is the "Fragile X Resource Center", which is a clinic, research and resource center for families at risk or with children with Fragile X Syndrome. Several

studies are on -going, including a national epidemiological study.

Dr. Gabis' stellar reputation has spurred international collaborations with autism specialists at the renowned **Cambridge University in England** and Mt. Sinai Medical Center in New York.

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SHEBA MEDICAL CENTER



TEMPLE ISRAEL  
CAPE TOWN PROGRESSIVE  
JEWISH CONGREGATION 70  
Years

Consider This

By Rabbi Greg Alexander

## Why does the Progressive Movement join the Shabbat Project?



**At the end of October, Temple Israel joyfully joined the other communities around the world who had signed on to the Shabbat Project, an initiative of the Orthodox Chief Rabbi in South Africa.**

We hosted a challah bake, we brought a guest rabbi, Rabbi Charley Baginsky, as scholar-in-residence from London, and filled our shuls with happy Shabbat observers eating, davening and singing.

Some Orthodox friends and indeed some of our own congregants were surprised that Temple Israel would embrace a project that asked people to observe Shabbat and it is important to explain what a Progressive understanding of Shabbat is and means.

When I grew up in Joburg, Shabbes was Fri night. Only. It meant that you had a big meal at home, invited your extended family and friends who were 'like family', lit candles, chanted kiddush and hamotsi and you ate A LOT of great food. Around the time of my siblings and my barmies/battie, we threw in some Friday night shul attendance and the required Shabbat mornings in order to have a barmy and that was it. Mostly, Saturdays were for shopping, sport and swimming and braais if the weather was good. As a kid, it seemed a pretty good deal.

As a teenager Saturdays gained some homework and exam prep thrown in and later as a student I added working too. I had kept Friday night sacred, but Saturday was just like any other. It was at varsity that I started to question whether there was something in this full Shabbat thing after all. I began to see the need for downtime, and missed not

having a day to switch off. I started to experiment with going to shul on Shabbat morning and adding some 'thou shalt not's to my Shabbat observance. Things changed — I began to look forward to that sacred day and plan for it during my week.

Over the next 10 years of my life I lived in different countries and communities and connected to the Jewish communities there and to Shabbat in different ways. At some periods I was doing very little and at other times my practise was indistinguishable from a classical "shomer shabbes" Jew. What never varied was that Shabbat was marked in some way, was different in some way, from the rest of the week.

Once cellphones became a 'thing' I started to see how absolutely necessary it was for me to switch off my phone over Shabbat. Returning to South Africa and beginning work as a community Rav, I continued to drive to shul or to the beach but did not use money or cellphones from sunset Fri evening to stars out Sat night. It was clear to me that disconnecting from commerce and communication was what I needed to get menucha (rest) and to make Shabbat holy.

As a Shabbat-observer and as a rabbi, I am totally confident in promoting the need for 25 hrs a week to switch off and to focus on being, not doing. Shabbat teaches that life is more than work. And once life is more than work, it becomes possible to engage in a search for meaning. As the great 20th century teacher Rabbi Abraham Joshua Heschel wrote in his beautiful book *The Sabbath*, "Six days a week we wrestle with the world, wringing profit from the earth; on the Sabbath we especially care for the seed of eternity planted in the soul. The world has our hands, but our soul belongs to

Someone Else. Six days a week we seek to dominate the world, on the seventh day we try to dominate the self."

For all these reasons, our shul has signed on to the Shabbat Project. We have also encouraged our members to connect to Shabbat in the way that they understand. There are, of course, many ways to celebrate Shabbat. Some people light candles before sunset, and others do it later in the evening when everyone arrives home and gathers around the table. Some relax by watching a family movie or gardening, and others catch up on their reading. Some switch off the phone, and others use it to connect with relatives they've been missing all week. Some won't touch a car; others will use it to go to shul. Some will drive to shul but not to the shops. And some will drive to the beach.

So while we can say that there is a different understanding between Progressive and Orthodox Jews as to the halakhic requirements of refraining from m'lacha (creative work), what we can also say is that we do agree on the basics. That on Shabbat it is a mitzvah to refrain from creative work, to have rest and to make the day holy, a day apart from the week. Furthermore, what we certainly do agree on is that too many Jews have become distanced from the holiness and majesty of regular Shabbat practice and we would like to support the global call to get them to return and reconnect. If the last thing that G\*d created was rest, if that was the only thing that was missing from the creation of the world by the end of day 6, then let us reflect our own Divine Images by creating rest for ourselves each Shabbat. And make it Holy.

## Sukkot and Simchat Torah 5779

**The beauty and ruach of our High Holy Day services was enhanced by our wonderful services and events during Sukkot and Simchat Torah.**

Our Unity Services and Brochas in Green Point and West Coast respectively got Sukkot off to a great

start, which was maintained by the *Pancakes in the Sukkah* breakfast and shiur in Wynberg.

Our annual Erev Simchat Torah Magic is a signature event for our congregation and this year was no different as the huge crowd participated joyously in the service, Torah reading and hakafot and then enjoyed a tasty dinner of

falafel and salads with plenty of liquid refreshment to help the night along.

Our service and hakafot with our friends at Glendale on Simchat Torah morning was once again a truly meaningful and happy occasion.

We thank everyone involved for their involvement and hard work.



Greg Flash, Maxene Lyons and Rebecca Lyons dancing with the Torah



Sylvia Schrire, Tami Schrire and Emma Schneider enjoying the hakafot

**Mazaltov to those who celebrated Bnei Mitzvah with us last month:**



Mira Moore  
6 September



Ruby Saks  
20 October

**See page 22 for info on our Mitzvah day**

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# BURNING BRIGHTLY

## Jewishly Viable Cities – Hello Cape Town

RABBI DANI BRETT [Director, Torah City Wide]

**Every city requires infrastructure. If you stop and think about the number of elements required to make civilised modern life viable, it is actually quite astounding. Public infrastructure is the set of facilities, structures, equipment, services and institutions that are essential to the economy and quality of life.**

Transport infrastructure are things like bridges, roads, bicycle paths, sidewalks, airports and rail services. Water and sanitation systems manage the supply, treatment and distribution of water, sanitation and waste management necessary for good health, and even flood management. Energy infrastructure provides electricity through power stations, wind turbines and solar panels. Information systems provide basic communication and network services such as phone lines, cell phone towers and internet services. Institutions of government such as a parliament, courts and regulatory bodies provide social, economic and environmental stability. Critical institutions include those in areas such as education, culture, health, social services and finance. We simply would not dream of living in a city without emergency service facilities such as police, medical and fire departments. Public spaces may seem less critical, but are imperative as well for the physical and emotional wellbeing of communities and individuals: parks, beaches, gardens, historical sites, nature reserves and other public spaces.

Focusing on one example – water and food must be made abundantly available. We take these things for granted – although in Cape Town we have recently become more attuned to the realities of threatened water supplies – but stop for a moment and think about what it takes to get food onto your table and precious water into your pots and your kids' school bottles. Massive reservoirs must be made available. Purification plants are then required. The water then needs to be piped to the city. And then, distribution systems are required within the city itself. Umpteen steps are also required to get food onto your table, and each one requires numerous infrastructural facilities, including farms, factories, cold chain distribution systems and of course stores.

But even all of this is not enough for Jewish community viability! And, once again, we sometimes take for granted what has been put in place, and often neglect to maintain those critical facilities.

What does a city need for viable Jewish living? Let us think about some of the necessary facilities, structures, equipment, services and institutions that make Jewish life in Cape Town viable and rich. Before we begin, a further definition: hard infrastructure is the physical infrastructure required for the optimum functioning of a society, whereas soft infrastructure is the human capital and the institutions that cultivate and maintain a society and

its assets. It would be difficult to consider a city Jewishly functional without shuls. Of course numerous functions are provided by them – from daily and Shabbat *minyanim* to life cycle events, *chagim* commemoration to social interaction, and ideally some educational opportunities as well, and a whole lot more.

A *Mikvah* (or *mikvaot*) – is critical for observance of the laws of Family Purity, and a priority for any viable Jewish community.

*Kashrut* facilities are imperative – including restaurants, manufacturers and a slaughterhouse – as are other Beth Din services, including processes for the resolution of civil disputes and authorisations for marriages and other such services. Although not available in all cities, a conversion program is another enriching service that is often provided by a *Beth Din*.

We cannot ignore the realities of life, and the services of a *Chevra Kadisha* are a huge part of a Jewish community, and Cape Town is no exception! This *chesed shel emet* – Kindness of Truth – done by so many is often not appreciated or acknowledged enough.

Of course schools are crucial, as well as opportunities for adults to continue to learn and grow as well. Social services to provide for the needy, elderly and others who need assistance – financial, emotional or other – are also critical in a functioning Jewish centre. Some things might be seen as 'luxuries', but can truly transform and deepen the Jewish infrastructure of a city. One example of this is an *eruv*, which allows for carrying on Shabbat.

Another enhancement example: many cities have felt the powerful benefits of a *Kollel*, with young men continuing their own high level Jewish education, while also contributing in numerous ways to Jewish education and living.

Teams of people are involved in the functions, administration and management of the various infrastructure components, including rabbis, teachers, other professional staff, lay leaders and volunteers. This list is long, and includes a diverse array of skillsets, such as *shochtim*, *mohalim* and *mashgichim*, social workers, ground staff and many more. Thankfully, over the years Cape Town has had many people who have built and maintained all of these facilities, and more. It is our duty as a community to continuously preserve and upgrade them, so that we can continue to know our city as a truly Jewishly viable one.

In order to have the motivation and knowledge to do this, let's first deepen our understanding and knowledge of the various components of the Jewish infrastructure of Cape Town, and curiously explore some of the behind-the-scenes workings.

**In coming editions of the Cape Jewish Chronicle during 2019, we look forward to exploring these things together with you. How many Jewish marriages are registered through the Beth Din annually? How many months before Pesach do factories begin special Pesach runs? What does it take to become a mohel? What does it take to keep Jewish Cape Town ticking? That's a good thing to keep thinking about.**





## From seeking success to seeking significance

### The paradox of our times — we are living longer today.

What are we meant to do with all this leftover life?

What is the secret of living a long life? Too many people approach the second half of their lives with regrets over the first half. "I should have...." Regret is a tough emotion to live with as it haunts you in ways that will sap your energy and inspiration to go on to better things. Just for a moment open your mind to the possibility that you are a great and wonderful soul and on a spiritual journey called LIFE.

On this journey, you have many things to learn and when things go wrong or right, they are all part of our learning process. From 35 - 45 we start to realise that we are no longer young and immortal. Men often experience a personal crisis — no longer as handsome, muscular or virile and women realise that their biological clock is 'ticking'.

From 45+ there is resignation — those who are afraid to change (grow) often end up locked into their 'fate' with tedious jobs, unfulfilling marriages, emotional distance between friends, children and spouse. There is also renewal with those who successfully tackle life's first half crises and tend to experience feelings of renewal, letting go feelings of resentment. There is a new warmth and mellowing that occurs around that age accompanied by a renewed sense of clarity of purpose and significance. The choice is yours. You can either be satisfied with life choices and aware of the value of each day on earth, or be dissatisfied, experiencing despair and the fact that time is running out.

At half-time you need to make peace with first — half issues. This doesn't mean you are proud of all you have done, or that you wouldn't change things if you could, but you can't. The key is to keep things in perspective and accept them as an inevitable part of your growth. Seek Balance.

- Religious/Spiritual — pray, meditate and get in touch with what is happening inside.
- Physical — go for walks near the sea, on the mountain or in a forest.
- Mental — think good thoughts and read or create exciting things.
- Work — enjoy your job and think of new exciting ways to do things.
- Social and Family — make new friends, have fun, stay light.

You need all of life's experiences to be you with the people in your life always the 'right' people, because if they were different people, they would hinder your growth.

People come to us for one of two reasons — they either love us or they have a problem and are hurting inside.

Life is not perfect, and things do go wrong. It is painful when they do. Places and circumstances never guarantee happiness, so you must decide within yourself whether you want to be happy and once you have decided happiness becomes much easier.

Half-time needs structure and we can work on the following:—

Am I afraid of happiness? — Who am I? — What do I value and what is really important? — Which gifts have I used and which have I failed to use? — What steps can I take to make realistic changes to the second half of my life, to make it better than the first half and what gifts can I share with those younger than me?

The mustard seed is tiny and almost invisible. However, it has the potential within to transform itself and grow to become one of the largest plants in a garden. On finding light, it grows and shares itself with all who are in need. There is a seed in each of us and it is called CARING. It is limitless, the more you use it, the more it grows, having a magical effect on human situations and it is the core of all healing. It energises and inspires and is a balm for resolving disputes, influencing and a prerequisite for happiness.

Caring opens the door to making our life significant. By staying 'hard' and not caring, one protects oneself from the possibility of being hurt or rejected and in doing so, closes the door to the possibilities of joy. Rejection is one of life's lessons we have to learn and if one feels it, you certainly think twice about doing it to someone else

Not every event in life can be positive as things do go wrong. Setbacks in life are not proof of personal inadequacy, they are opportunities to grow. Negative thinking is contagious, blows everything out of perspective, decreases hope, limiting potential and keeps us from enjoying life.

One should never lose one's sense of wonder, never take anything for granted or settle for the path of least resistance.

Surround yourself with people who uplift you, because their buoyancy is infectious

Life us certainly about choices and as we move into a new calendar year, our hope at CJSA is that everyone makes choices that are right for them so that your second half is fun, challenging, with new adventures around every corner.

Goudini 2019, 5-8 March, is happening. We already have a number of bookings so don't delay or be disappointed. Book early if you are wanting a great few days at a super hot-spring resort with all meals, transport and entertainment included.

*Diana Sochen Executive Director*

## Out and about with members



Joy Miles, MP Denise Robinson and Harry Epstein



Jedi Tedi Project presenters Shana and Raymond Kagan and Eve Alperstein



Sea Point members enjoying craft with Yvette Zive and Jeannett Amato

## SOCIAL AND PERSONAL

We extend our warmest wishes on the following special occasions:

### Births

Janice Bloch — great grandson  
Alison, Howard Katzeff — twin granddaughters  
Minnie Katzeff — great granddaughters  
Selwyn and Andrea Schiff — granddaughter  
Etti and Nat Yamey — great granddaughter

### Batmitzvah

Mike and Avril Myers — granddaughter  
Harry Myers — great granddaughter

### Engagements

Anita Stoch — grandson

### Special Birthdays

Phyllis Friedlander 90  
Sadie Graziani  
Bennie Rabinowitz 85

### Marriage

Rita Wagenheim — grandson

### Best wishes to our members who have not been well

Tania Jacobson, Freda Tucker

### We extend our sincere condolences to our members who have lost family members:

Sadie Graziani — Sister, Ethel  
Mrs J Gordon and Mr I Kaplan —  
Esther Kaplan

### Our thoughts are with the families of our members who recently passed away:—

Finkelstein Family — Mother, Gita  
Philip Todres — nephew,

### We welcome New Members to the CJSA family:

Batya Glezer, Florence Reingold,  
Eugene and Florence Weinberg,  
David Wittels

## Special Events and Outings November — booking essential

**Volunteer Brunch:** by invitation only 7 November

**Twilight Suppers:** All suppers are R60.

- Rayne Stroebel Sea Point 14 November 5.30 Speaking on *How to live well to 100*
- ADV Michael Donen Southern Suburbs 21 November 5.30
- Stephanie Shulter Milnerton 22 November 6.30 (CEO 2 Oceans Marathon the story behind this project)

### Outing to newly renovated Planetarium:

Sea Point 14 November  
West Coast 27 November

### Men's Schmooze with Tiny Jones:

Milnerton 2 November at 10.30  
Wynberg 14 November 10.00  
Sea Point 30 November at 10.30



# Cape Jewish Seniors

<p style="text-align: center;"><b>Sunday 2</b></p> <p style="text-align: center;"><b>1st Night Channukah</b></p>	<p style="text-align: center;"><b>Monday 3</b></p> <p style="text-align: center;"><b>International Day of Persons with Disabilities</b></p> <p><b>Sea Point</b> 10.00 Talking Point with Colin R10 11.30 Exercises with Mariamre R10 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p><b>Milnerton</b> 10.00 Birthday Pop In: Elizabeth Triegaardt former ballet dancer and CEO Cape Town City Ballet R10 2.00 Musical Appreciation with Doreen Kantor R10</p> <p><b>S/Suburbs</b> 9.30 Outing to Brownies and Downies Restaurant: Training centre for people with intellectual disabilities. Young adults are trained to be employable in the hospitality, service and retail sectors R30 2.00 Yiddish mit Rita R10</p>	<p style="text-align: center;"><b>Tuesday 4</b></p> <p><b>Sea Point</b> 10.00 Café Europa: David Hersch speaking on his recent trip to Israel R10 2.00 Mosaic classes with Yvette R30 2.00 Beginners Bridge with Irving R10 2.00 Yoga with Leina Sank R10</p> <p><b>Milnerton</b> 10.00 Movie Morning Bombshell: <i>The Hedy Lamarr Story</i>. Fascinating biographical documentary about the life and career of the movie star and genius inventor R10 1.45 Line Dancing with Hannah Seinik R10 2.00 Mosaic with Sonia Norrie R30</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R10</p> <p><b>West Coast Muizenberg</b> 9.30 Outing to the Archives R30 Tea for own account 10.30 Gertrude Fester, commissioner of Gender Commission on her time in solitary confinement R10</p>
	<p style="text-align: center;"><b>Monday 10</b></p> <p><b>Sea Point</b> 10.00 Talking Point with Colin R10 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p><b>Milnerton</b> 10.00 Bnoth Zion 12.15 Milnerton Committee meeting</p> <p><b>S/Suburbs</b> 10.00 Outing to Muizenberg. Fish and chips lunch and walk on the promenade R30 Snacks for own account.</p>	<p style="text-align: center;"><b>Tuesday 11</b></p> <p><b>Sea Point</b> 10.00 Café Europa: A morning with Rabbi Thurgood R10 2.00 Yoga with Leina Sank R10 2.00 Beginners Bridge with Irving R10 Twilight Supper with Chris Nissen of the Human Rights Commission speaking on the Protection of Vulnerable Grouping and the rights of people to be protected and respected R60</p> <p><b>Milnerton</b> 9.15 Outing to the Archives R20 Tea for own account 1.45 Line Dancing with Hannah Seinik R10 2.00 Mosaic with Sonia Norrie R30 2.00 Kalooki set tables R10</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R10</p>
<p style="text-align: center;"><b>Sunday 16</b></p>	<p style="text-align: center;"><b>Monday 17</b></p> <p style="text-align: center;"><b>Public Holiday – Office Closed</b></p>	<p style="text-align: center;"><b>Tuesday 18</b></p> <p><b>Sea Point</b> 10.00 Café Europa Urs Huber will speak on his journey from East to West USA R10 2.00 Beginner's Bridge with Irving R10 2.00 Yoga with Leina Sank R10</p> <p><b>Milnerton</b> 9.15 Outing to Kalk Bay to the <i>Save our Sea Exhibition</i> and movie R30 1.00 Kalooki set tables R10 1.45 Line Dancing with Hannah Seinik R10 2.00 Mosaic with Sonia Norrie R30</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10. 2.00 Knitting Group. All welcome R10</p> <p><b>Muizenberg</b> 10.30 Join Milnerton members and go to the <i>Save our Seas Exhibition</i> in Kalk Bay R10 Tea for own account.</p>
<p style="text-align: center;">Please note that the annual subscription for membership to CJSA is now due. We do not send out invoices so this serves as notification to pay your 2019 membership. R120</p>	<p style="text-align: center;"><b>Monday 24</b></p> <p style="text-align: center;"><b>Office Closed</b></p>	<p style="text-align: center;"><b>Tuesday 25</b></p> <p style="text-align: center;"><b>Office Closed Christmas Day</b></p>

DIRECTOR: Diana Sochen 021 434 9691 director@cjsa.org.za ADMIN: Amanda 021 434 9691 admin@cjsa.org.za www.cjsa.org.za

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# Events Calendar DECEMBER 2018



Wednesday 5		Thursday 6		Friday 7		
<p><b>Sea Point</b> 9.30 Craft morning Yvette &amp; Jeanette R15 1.45 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 10.00 Ageless Grace with Cathy R10 10.00 Knitting Morning. Bring your own knitting R10 12.00 Art Classes with Karen Cohen R25</p> <p><b>S/Suburbs</b> 10.00 Ageless Grace with Yvonne R20 10.00 Bnoth Zion 11.00 DVD Series <i>A Place to call Home</i> R10</p>		<p><b>Sea Point</b> 10.00 Yiddish mit Veronica R10 11.15 Ageless Grace With Joycelyn R25 Booking Essential 2.00 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 9.30 Kalooki R10</p> <p><b>S/Suburbs</b> 10.30 Café Europa: A morning with landscape gardener Leon Kluge speaking on the 2018 Chelsea Flower Show R10 1.00 Kalooki R10</p> <p><b>West Coast</b> 11.30 Urs Huber will speak on his journey from East to West USA R10</p>		<p><b>Sea Point</b> 9.30 JOY Programme with Shelley Eppel and Alon Ashel Learners R10 10.15 Shopping with Malcolm R20</p> <p><b>Milnerton</b> 10.30 Café Europa: David Hersch speaking on his recent trip to Israel R10</p>		
Wednesday 12		Thursday 13		Friday 14		
<p><b>Sea Point</b> 9.30 Outing to Suikerbossie R30 Tea for own account 1.45 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 10.00 Ageless Grace with Cathy R10 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning. Bring your own knitting R10</p> <p><b>S/Suburbs</b> 10.15 Ageless Grace with Yvonne R20.00 11.00 DVD Series <i>A Place to call Home</i> R10</p>		<p><b>Sea Point</b> 10.00 Yiddish mit Veronica R10 11.15 Ageless Grace With Joycelyn R25 Booking Essential 2.00 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 18.00 Twilight Supper: End of year party with the band <i>Echo and the Merry Men</i> band R70</p> <p><b>S/Suburbs</b> 10.30 A morning with Elizabeth Triegaardt, former ballet dancer and CEO Cape Town City Ballet R10 1.00 Kalooki R10</p> <p><b>West Coast</b> 10.30 A morning with Beryl Eichenberg <i>Being a Woman in Cape Town – uniting the Community</i> R10</p>		<p><b>Sea Point</b> 9.30 Shopping with Malcolm R20</p>		
Wednesday 19		Thursday 20		Friday 21		
<p><b>Sea Point</b> Morning Melodies Own transport R60 9.15. Outing to the Gangster Museum of Cape Town R65 including transport 1.45 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 10.00 Ageless Grace with Cathy R10 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning. Bring your own knitting R10</p> <p><b>S/Suburbs</b> 10.00 Ageless Grace with Yvonne R20 10.00 Men's Schmooze with Rabbi Greg R10 11.00 DVD Series <i>A Place to call Home</i> R10</p>		<p><b>Sea Point</b> 10.00 Yiddish mit Veronica R10 11.15 Ageless Grace With Joycelyn R25. Booking Essential 2.00 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 9.30 Kalooki R10</p> <p><b>S/Suburbs</b> 12.00 End of year lunch with the band <i>Echo and the Merry Men</i> band R40</p> <p><b>West Coast</b> 10.30 Celebrate the end of year with a special tea with June and Rosemary R10</p>		<p><b>Sea Point</b> 9.30 Shopping with Malcolm R20</p>		
Wednesday 26		Thursday 27		Friday 28		
<p><b>Office Closed</b> <b>Boxing Day</b></p>		<p><b>Office Closed</b></p>		<p><b>Office Closed</b></p>		

PROFESSIONAL STAFF: **S/Point:** Lara Stein 021 434 9691; **Milnerton:** Hajjera Safidien-Maloon 021 555 1736; **S/Suburbs:** Monique Nieuwenhuys 021 761 7960; **W/Coast:** Melanie van Emmenes 074 405 5186

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<p>With compliments The Henry Van Embden Family Foundation</p>	<p>With Compliments  www.almondbreeze.co.za</p>	<p> STONEHAGE FLEMING</p>	<p><b>MP   W</b> MAURICE PHILLIPS WISENBERG ATTORNEYS</p>	<p>With Compliments Kalman, Esther and Michael Maisel Trust</p>

# Family Announcements

## CONSECRATION

### JOSEPH BRAUDE

The consecration of the tombstone in loving memory of Joseph Braude will take place at Pinelands 2 Cemetery on Sunday 2nd December at 11.30am.

## CONDOLENCES — THANK YOU

### SANDRA BARON

We would like to express our sincere thanks to family, friends and community organisations for their love and caring support on the passing of our much loved sister, sister-in-law and aunt.

Much appreciation to Rabbi and Lee Liebenberg and all at the Claremont Wynberg Shul. Also to Dr Shelley Kibel for her invaluable professional care.

Lilian, Trevor, Lynne, Sharon, Dena, Franz and family

### DIANE BLOCH

We would like to thank the Rabbis, family, friends and the community for their love, support and kindness on the passing of Diane, our beloved mother, sister, grandmother, great grandmother and aunt. Diane was an inspiration to us all; her bravery was an example of her graciousness and fortitude.

We will miss her but she will be in our hearts forever.

Alan, David and Jodi, Michael, Rosalie, Sallee, Nova, Grant, Adam, Hannah, Samuel, Rebecca, Leah, Sharyn, Tommy, Alexandra, Beverly, Matthew, Ingrid, Jason, Carolyn, Ryan and Mark

## CONDOLENCES — THANK YOU

### LEON WILCK

We are overwhelmed by the outpouring of love and comfort on the passing of our beloved husband, father, father-in-law and Zeida.

Our gratitude to Rabbis Liebenberg, Wineberg, Maizels, Popack, Nissen Goldman and Cantor Ivor Joffe. The abundance of meals, visits and warmth shown is a tribute to his wonderful legacy.

Hilda, Lauren and Mark, David and Lauren, Jody and Malcolm, Marissa and David and the Twelve Tribes of Zeida.

To place a family announcement, email: [chron@ctjc.co.za](mailto:chron@ctjc.co.za) or phone Tessa 021 464 6736 (am)

### HERSCHEL ZETLER

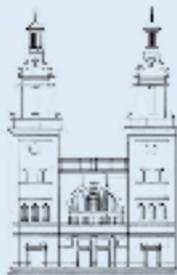
Our heartfelt thanks and appreciation to family and friends for your love and support over the many years of Herschel's illnesses, especially during his last trying months and recent passing. Your visits and messages of condolences have certainly been a great source of comfort.

A special Thank You to Rabbi Maizels and to Urwyn Treger and Bennie Sandler at the Chevra Kadisha, for your support too, and for honouring Herschel with a 'true Winelands send-off'.

Surrounded as we are by the amazing legacy that Herschel has left, may his dear soul rest in peace.

Brenda, Gabi, Bevan and Ilse

## CT HEBREW CONGREGATION STUDENTS AID FUND / BURSARIES



Cape Town Hebrew Congregation

Applications are invited from Jewish students for a grant or bursary for tertiary and post-graduate studies as well as for study in Israel.

Application forms are available from the Office Manager, Mrs Carmen Kay.

Phone: 021 465-1405  
CLOSING DATE: 15 JANUARY 2019

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with

# Temple Israel Cape Town

# and UMTHUNZI farming community

For more information  
Email: [marketing@templeisrael.co.za](mailto:marketing@templeisrael.co.za)



## 18th November 2018

Umthunzi Farming Community provides ethical market access to a network of small-scale urban organic farmers in the Cape Flats. They grow high quality, nourishing, local, seasonal organic vegetables. Their vision is to promote conscious collaboration from seed to consumer to build a more sustainable, ethical, transparent local food system.



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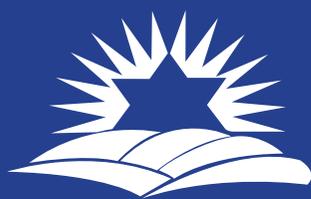
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INITIATIVES OF  
JCS CAPE TOWN



November 2018

# JEWISH COMMUNITY SERVICES CAPE TOWN



The "Little Givers" program is an initiative started by Chief Rabbi Goldstein, that put the values of chesed and tzedakah into practice, making an ongoing, sustainable difference at some of our wonderful social welfare organisations, JCS included.

Above: You can see our Little Givers helping pack and sort the JCS foodbank.



JCS internal staff donated over 15 boxes to Santa Shoe Box Project. Get Involved at [santashoebbox.org.za](http://santashoebbox.org.za)



Getting ready for summer at the MOJO boxing and JCS collab boxing sessions on the first Sunday of every month.



## EVENT OF THE MONTH



## ANNOUNCEMENT

WE HAPPY TO ANNOUNCE WE ARE OFFICIALLY BACK IN THE JCC HOUSE AS RENOVATIONS ARE NOW COMPLETE.

# LOOKING TO VOLUNTEER? GET INVOLVED!



### ADDRESS

Jewish Community Services  
234 Upper Buitenkant Street  
Vredehoek  
Cape Town  
8001

### EMAIL

[info@jcs.org.za](mailto:info@jcs.org.za)

### WEBSITE

[www.jcs.org.za](http://www.jcs.org.za)

### PHONE

Tel - 021 462 5520  
Fax - 021 462 5866

### SOCIAL MEDIA

[@jcscapetown](https://www.facebook.com/jcscapetown)





**WANTED**  
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**exciting opportunity for a DYNAMIC YOUNG PERSON**

We are looking for a dynamic young individual to oversee and co-ordinate the activities of the youth in Durban.

The successful candidate must be enthusiastic, committed and experienced in youth work with the ability to motivate others and foster a Jewish and Zionist culture amongst the youth.

The role is a flexible one that requires an individual with the ability to interface with community leaders in various organisations and children alike.

This is a fantastic opportunity to join a vibrant, growing community and to make a difference.

An attractive remuneration package including a part-time tuition bursary.

Submit applications to the KwaZulu-Natal Zionist Council  
✉ [knzc@djc.co.za](mailto:knzc@djc.co.za) | ☎ 031 337 1507 (will remain confidential)



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## Three score and ten – Telfed celebrates this milestone with the community

**In a day filled with sunshine and smiles, close to 400 Southern Africans in Israel joined in the festivities as Telfed celebrated 70 years of Southern Africa Aliyah.**

On 27 September (chol hamoed sukkot) new and veteran olim of all ages from across the country participated in the family picnic. Peter Bailey, Chairman of Telfed's events committee, opened the event by introducing machalnik Josie Shlain, an oleh who volunteered in the 1948 War of Independence. It was a fitting start to the day as Telfed's roots are entwined with the 804 Southern African machalnikim (overseas volunteers) who



*Fun trumps competition as Southern African olim participate in the three-legged race at Telfed's birthday picnic held at Kibbutz Nir Eliyahu.*

came to defend the newly established State of Israel in 1948.

The picnic was hosted at Kibbutz Nir Eliyahu, historically significant to the community as it was the base for several groups of Southern African olim from the Habonim Youth Movement in the 1970s. It proved to be the ideal location with a petting zoo to keep the little ones delighted and plentiful space to lay out a picnic blanket, participate in a cricket clinic or sit in the sukkah especially built for the picnic participants. A comedian and crafts rounded off the day. In a multigenerational family day children were introduced to party games that the older olim once enjoyed. Peter noted that 'with all the technology they have nowadays, the excitement we witnessed when our grandkids were introduced to our old fashioned sports events (the three-legged race, sack race and egg and spoon race) was a revelation.'

A sense of camaraderie permeated the air. New olim who arrived in the summer were welcomed, olim originating from Brakpan used the picnic as an opportunity for a reunion and others enjoyed chance encounters after many years. In one instance, Jonathan Shapira had lost contact with school friends when he made Aliyah 26 years ago. He was approached by



*Under the watchful eye of Telfed CEO Dorrn Kline and events chairman Peter Bailey, young olim participate in the egg and spoon race at Telfed's 70th birthday picnic.*

an old classmate who made Aliyah five weeks ago while their children kicked a soccer ball together. Southern African lone soldiers were invited to the event and treated to lunch, with Telfed's Lone Soldier coordinator at the picnic to welcome them. A party would be incomplete without a birthday cake. A group of enthusiastic children assisted Telfed's Chairman, Batya Schumkler, as she blew out the birthday candles before cake was shared among the community. Dave Bloom, a former Telfed Chairman and co-organiser of the event, said that 'the birthday picnic reflected the ongoing dynamism and community spirit that Telfed perpetuates'.

## COFFEE TIME @ **astra**

**Join us for our delicious Summer Wednesday Buffet Lunch!**

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COMMEMORATIVE LECTURE

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Reflections on its Meaning in the Past & Present

The November 1938 pogrom is often interpreted as a prelude to the Holocaust: the widespread violence, looting and arson marking a new phase of persecution, which would eventually lead towards genocide. However, for Jewish contemporaries of the time, the pogrom represented a horrible highpoint of their persecution and marked a new and unexpected level of discrimination. On the occasion of the 80th anniversary of the November 1938 pogrom, this commemorative lecture will explore its meaning at the time and its significance for us today.

*Dr. Matthias Hatz works in the academic department of the House of the Wannsee-Conference Memorial Site and Education Centre. He is also working as consultant, lecturer and educator in the fields of politics of memory, European integration, and international exchange programs.*

WEDNESDAY 14 NOVEMBER at 6PM

Cape Town Holocaust & Genocide Centre  
88 Hatfield Street, Gardens

RSVP essential 021-462-5553 | admin@holocaust.org.za  
Light refreshments will be served. Free admission.



# Merci Congo

a new documentary film by Paul Freedman

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Merci Congo is the story of a beautiful but troubled land told by an amazing group of people who have decided that the Congo matters.



TUESDAY 6 NOVEMBER AT 6PM

Cape Town Holocaust & Genocide Centre  
88 Hatfield Street, Gardens

RSVP essential 021-462-5553 | admin@holocaust.org.za  
Free admission, donations always appreciated.



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# HERZLIA IN FOCUS

## Tours and Trips

By Geoff Cohen

HERZLIA provides a Jewish and secular education to the Jewish youth which involves developing and sustaining the whole child. We are acutely aware that many of the skills that we strive to impart to our pupils are learnt outside of the formal classroom environment. In the light of this, we have created an exciting and educational programme of tours and trips that broaden their creativity, stretch their imagination and develop self-reliance. When pupils are removed from their familiar surroundings and have to function outside their comfort zones, their resilience and ability to deal with real life situations is hugely enhanced.

During the course of this year our pupils have been given the opportunity to go on a rich variety of tours, trips and outings such as: The Vocal Ensemble Tour to Israel, Feel the African Beat, The Middle School Namibia Expedition, Sports tours and training camps, Shabbatonim, Grade 11 Discover as well as a large number of Israel tours.

It has always been our intention that every HERZLIA pupil gets to go to ISRAEL during some point in their school career. Pupils can participate in any of the following tours; Diller Leadership Programme, March of the Living that ends in Israel, *Shorashim*, *Hadracha* and Encounter.

### Herzlia Vocal Ensemble (HVE) Tour

The Vocal Ensemble embarked on a tour of a lifetime on Wednesday 26 September. During a long layover in Addis Ababa, our HVE met up with some of the youth of the Ethiopian Jewish community. Each group spoke meaningfully about their lives and backgrounds, they sang together in harmony and the morning ended with the Ethiopian pupils writing notes for the Herzlia pupils to deliver to the Kotel. An incredibly special and life changing experience. The HVE then went on to fulfill a dream journeying to Israel to perform live in Jerusalem and Ra'anana, where they

performed to two sold out concerts. They were accompanied by the esteemed United Khayelitsha Mambazo Male Choir, and together the group had an educational and culturally enriching experience.

### Middle School Water Polo Tour

Our Middle School boys and girls undertook a water polo tour to Port Elizabeth where they played against Pearson Hoërskool, Woodridge and Alexander Road. Our boys lost, narrowly against a very organized Pearson team but emerged victorious in our second and third game against Alexander Road in a very chilly outdoor pool. The girls had a slow start against Alexander Road but we are proud of how much they have grown this season. A brilliant way for the U15 water polo boys to end off their tour games with a solid 10 - 2 victory against Woodridge. What a wonderful tour, our boys have grown and developed during this tour into a formidable team.

### High School Water Polo Tour

Our first team, known as 'Royal Blues' attended their first ever A-League national tournament in George. This tour is known as 'Co-eds'. Out of the six A-league teams we played, we beat Kloof (ranked 38) 10-0 and Hudson (ranked 23) 5-1. Our only loss was to an 18th ranked team in the country, and tournament winners Pearson Hoërskool. This was the last tournament for our Captain, Ben Neuburger and Vice-captain and head of sport Mathew Jacobson. From here the 'Royal Blues' has one more big event to play and that is the biannual Camps Bay Tournament.

### Combined UHS Teams SAS Tour

Every year HERZLIA takes the combined UHS netball and soccer teams to the Stellenbosch Academy of Sport (SAS), home of the Sevens Rugby team where they undergo intense training sessions with Biokineticists and play matches against schools in the Stellenbosch and Franschhoek region. The teams stay at the academy and get to experience life as professional athletes. This year they performed an outreach programme at a school in Pniel where they conducted coaching sessions and handed out kit.

Our UHS U13 Netball girls' tour to Stellenbosch was the biggest highlight of the girls sporting year. Unfortunately the weather did not play ball on the first day with Reddam Somerset cancelling the match, due to the rain. However, we did not allow this to dampen the day, but instead did a training session in the high performance centre at Stellenbosch Sports Academy. On the Tuesday we got to spend time at Nondzame Primary School in Paarl by giving back and teaching them netball skills, on the coldest day in Cape Town this year! The girls from Nondzame Primary School played netball bare foot with no warm clothing. Our girls showed their natural coaching talents through taking the roll of teaching the girls netball skills that they had been taught.

The UHS Boys Soccer Team met up with coach Liam Shirley, Mr Smith (Constantia), Mr Brown (Highlands) and the rest of the team at the World Class Training facility - South African Sports Science centre on a wet and rainy morning and watched the Springbok Sevens team training. The entire group went with the SAS Bio team for some fun exercise and learnt some valuable lessons on how to keep the body in top shape. Our first fixture of the day was against Reddam Somerset West winning the encounter 4-2. The man of the match was an inspired Jasper Stevenson (Highlands) who terrorised the home team's defense all game. They finished the first day with nighttime training at Paul Roos School.

Day 2 started with an early morning run after which they headed out for their charity work and handed out bags and bags of kits that were collected for an underprivileged school in Franschhoek. The afternoon was a great reminder of how fortunate we are as a community and it felt great to be able to give back in the form of a coaching clinic and hand out of soccer goods. Finally we headed out to Bridge House School in Franschhoek to play. It was a culmination of the tour that saw us defeat our opponents by no less than 37-1 in a six match mini tournament. All the practice and training had really paid off.



Members of the Herzlia Vocal Ensemble with United Khayelitsha Mambazo Male Choir.

### Golf Tour

The annual HERZLIA golf tour visited the beautiful Southern Cape during the last week of the June holidays. What made this tour different from previous ones was that fathers were invited to join their sons on tour. This led to some great excitement as the group left Cape Town.

The group was privileged to play some of the best courses in the country; Kingswood Country Club, Simola Country Estate, Oubaa Golf Estate and Pinnacle Point. The courses were in excellent condition and proved to be a good challenge for our players. The team exceeded expectations and played excellent golf which resulted in some very good scores. Each day the boys challenged themselves by playing different competitions as well as knowing that there were great prizes up for grabs. However, their main focus was to win the big prize and that was the trophy for the best player on tour. Evenings were spent doing team building and bonding sessions that were crucial as the team was entering the second part of the tough Western Province High School Golf League.

The highlight of the tour was Noah Epstein winning the trophy as the best player on tour. His tactics of playing consistently and playing every shot on merit led to this achievement. The tour was a huge success and also assisted in the team coming third in the league.

### McGregor Poetry Festival

In the last weekend of August, the HERZLIA English Department took interested Grade 11 pupils to the McGregor Poetry Festival. This was the third annual joint venture with the Advanced Programme English students from St Cyprian's School. Each year, the festival grows in popularity as it draws poets, young and old from across South Africa. Prior to the festival, pupils book poetry sessions which they would like to attend and in addition, attend sessions as a whole group which the teachers have selected. This year's highlight for the group was a powerful and moving presentation by storyteller and poet, Diana Ferrus who told the riveting story of how her poem on Sara Baartman played a crucial role in the return of 'Saartjie's' remains to South Africa.

### Grade 9 Namibia Trip

On 17 June, 40 Grade 9s embarked on a journey of a lifetime spanning five countries in just under three weeks. We left the comfort of our Middle School parking area, packed into our overland bus and kombi with nothing but our 15kg PEP bags, a backpack and loads of excitement, thermals and unforgettable memories ahead of us. We were led by our incredible tour guide, Paul, and looked after by our dedicated team of teachers. From sleeping under the stars after rowing 48 km's down the Orange River to long bus drives filled with singing, belly-aching laughter and a sense of enthusiasm like nothing before. We learned so much from pitching tents, prepping and cooking meals, washing dishes to managing a budget resulting in our appreciation of home. We experienced the magnificence of early morning desert sunrises, to the magnitude of the majestic Victoria falls; the vast tranquility of Etosha Pan to a sunset game cruise in Chobe. It was a trip of a lifetime! 8745 km later, 40 Grade 9s who left as individuals returned as a united family. We replaced our comfort zones for isolated small towns and beautiful places we could never imagine visiting, creating new friendships along the way. We returned with new friends, new skills, new memories and new experiences. Namibia 2018 was an unforgettable trip and we are all so grateful that we were given the opportunity to be included on this trip!

### Grade 10 Orange River Trip

The Orange River trip this year - as was the case last year - was a great success, more so as a group adventure than from a narrowly understood academic point of view. For city slickers (into which category we undoubtedly fall), there are few things to compare with being under the Richtersveld night sky with nothing brighter than the cooking fires to distract one from the awe-inspiring majesty of the stars. We did, however, feel the absence of a geologist who could speak knowledgeably about the quite astonishing rock formations we encountered on our trip down the river and this is certainly something we will remedy next time. Without question the most successful learning experiences were those that were focussed on place - as opposed to theoretical topics.



Grade 10 Orange River Trip.



High School Water Polo Tour.



Grade 9 Namibia Trip.



Grade 11 pupils enjoying the McGregor Poetry Festival.

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 RSVP: Call 021 464-6700 ext. 131  
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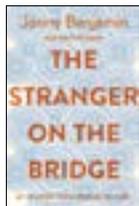
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## MENTAL HEALTH



**EXQUISITE MIND** by TERRY RUBENSTEIN. Born and raised in privileged white South Africa Terry met her husband Rabbi Brian Rubenstein in Johannesburg. At the age of 29, Terry was an overwhelmed mother of five sons suffering from depression. Terry's life changed on hearing a talk by Liverpool born Rabbi Shaul Rosenblatt about Innate Health. Terry discovered that we may empower ourselves in the knowledge that we are innately good, healthy and have a soul.



**THE STRANGER ON THE BRIDGE** by JONNY BENJAMIN. When Jonny was 20 his life was saved by a stranger as he was about to jump from the Waterloo Bridge. Jonny began searching for this stranger by launching a video clip. More than 319 million people followed this site. Eventually he and Neil Laybourn were re-united. Now they work together helping to end the stigma of mental illness. His insightful memoir includes parts of his diaries written since he was thirteen.

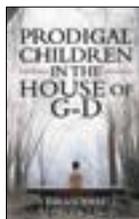


## FICTION

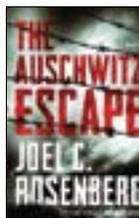
**WE ARE GATHERED** by JAMIE WEISMAN. In her debut novel Weisman allows us to be part of an inter-faith wedding as we read the multiple first person narratives of the adoring, envious and hilarious guests. The bride is part of Atlanta's wealthy Jewish elite. Included are the sharp-witted bridesmaid Carla, the bride's great-aunt who is a Holocaust survivor, her wheel-chair bound grandfather and the mother of the bride who reveals her youthful indiscretion.



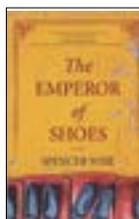
**PLAYING WITH MATCHES** by HANNAH ORENSTEIN. Sasha Goldberg has it all — a college degree and boyfriend, Jonathan. When her dream career falls through, she settles for working for an elite matchmaking service, Bliss. She begins helping clients by searching for their perfect partners on Tinder. Things spiral out of control when she finds that Jonathan has betrayed her and she breaks the one rule of Bliss and asks out a client.



**PRODIGAL CHILDREN IN THE HOUSE OF G-D** by YERMIYAHU AHRON TAUB. In these short stories, Taub explores themes of family, community and exile from an ultra-orthodox perspective. The protagonists navigate religious traditions as they take steps to reshape their lives in startling ways and often at great personal risk. Written in his lyrical prose Taub allows the reader to experience the beauty of life and words on each page with his enduring characters.



**THE AUSCHWITZ ESCAPE** by JOEL ROSENBERG. Luc, a French Christian pastor was imprisoned in Auschwitz for helping save the life of many Jews. There he joined forces with Jacob Weisz a Jewish rebel. Jacob attempted to raid a Nazi train carrying prisoners to Auschwitz and instead of liberating them was caught and locked into one of the cattle cars himself. Together they plan to escape to tell the world about Nazi atrocities and help those left behind in the camps.



**THE EMPEROR OF SHOES** by SPENCER WISE. The story follows Alex, an American living in Southern China and helping his father run his shoe factory. Alex begins to realise that his father has not been a scrupulous businessman and on meeting Ivy an organizer of a pro-democratic Chinese party, his sympathies shift. Alex has to decide whether to remain loyal to his heritage. A mediation on idealism and realism set against social and technological change.

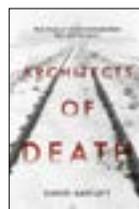


**THE INQUISITOR'S WIFE** by JEANNE KALOGRIDIS. In 1481, conversa Marisol Garcia marries an "Old Christian" during the Inquisition for protection. When her father is arrested and tortured, she finds herself trapped in a web of intrigue. Antonio, her former lover is working to smuggle conversos out of Spain while her husband seeks power and

## BOOKS OF THE MONTH

### UPROOTED by LYN JULIUS

The author, British born daughter of Iraqi-Jewish refugees, focuses on how 3000 years of Jewish Civilisation in the Middle East and North Africa vanished overnight. Through their personal stories Julius provides the history of these Jews from Arab countries; why they left and what became of the vast majority. She also assesses how well these Jews from Arab and Muslim countries have integrated into Israel. Uprooted is the culmination of years of study.



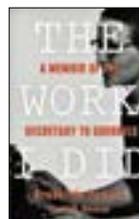
wealth assisting the infamous Torquemada. Marisol's love for Antonio and loyalty to her Jewish family are tested.

## HOLOCAUST

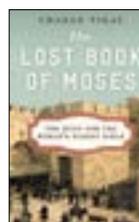
**ARCHITECTS OF DEATH** by KAREN BARTLETT. Family owned company Topf and Sons facilitated the murder of millions by its manufacture of crematoria for concentration camps. Fuelled by ambition, the owners and senior engineers developed the technology for the twentieth century's worst genocide. Bartlett examines the natures of the men responsible for the company's infamy and how the name Topf and Sons became synonymous with Nazi inhumanity.



**OTHER PEOPLE'S HOUSES** by LORE SEGAL. Nine months after Hitler invaded Austria, Lore left on the Kindertransports at the age of ten. For seven years, she lived as a refugee moving from the wealthy Orthodox Levines, the working class Hoopers to the formal Victorian house of two elderly sisters. An insightful and witty depiction of the ways of life of those who gave her refuge, Other People's Houses is a memorable novel of the immigrant experience.



**THE WORK I DID** by BRUNHILDE POMSEL. The book is based on the words of Pomsel, one of the secretaries of Goebbels. Brunhilde denied any knowledge of Nazi atrocities yet witnessed its impact on her Jewish friends with apathy. She was one of the oldest surviving eyewitnesses to the internal workings of the Nazi party. The book includes an essay by author Thore Hansen, who uses her testimony as a warning about threats to freedom and democracy today.



## ISRAEL — JEWISH INTEREST

**THE LOST BOOK OF MOSES** by CHANAN TIGAY. In 1883, Moses Shapira, an antiquities dealer was denounced as a fraud when he claimed to have discovered the world's oldest biblical manuscript. He died six months later. Tigay, a journalist, set out to find the controversial scroll and determine Shapira's guilt or innocence. In this finalist for the Sami Rohr book prize Tigay, weaves a tale of history and theology; intrigue and scandal; greed and ambition.



**NEW CHILDREN OF ISRAEL** by NATHAN P. DEVIR. An engaging book exploring the inclusion of people from developing nations who self-define as Jewish but have no historical ties with established centres of Jewish life. He focuses on emerging Jewish communities in Cameroon, Ghana and India. Devir has the view that because there are so many people claiming Jewish roots, in a generation from now, Jewish identity could be globally compromised.



**A PASSION FOR A PEOPLE** by AVRAHAM INFELD. The book is divided into three sections beginning with the case that Judaism goes beyond a shared belief in a spiritual being and religious rituals. He addresses the way we work as professional and volunteer leaders in the Jewish community. Lastly, he shares his thinking about the future of the Jewish people and the need to develop the five-legged table of Jewish identity in today's global world.

Continues from page 1



# The Eliot Osrin z"l legacy lives on

"What resonated most for me is the statement 'You can't lead unless you connect'. The entire Eliot Osrin learning process was about harnessing connections, building relationships and being mindful about existing partnerships within our community — connecting and networking within our community, as well as the community at large. 'If only for myself, what am I?'. We live in a world that is interconnected, so for me, the sum of the parts really does make up the whole."



Dalia Katz (2018 EOLI Graduate)

"A year ago, Myra Osrin gathered a few Community leaders to propose and discuss an idea to launch a Leadership Institute in the name of the late Eliot."



This week I had the privilege to be part of a robust gathering to listen to the group presentations and individual insights of this cohort. Our Community will benefit greatly from the impact the program has had on the 32 participants. One of the visions for this Institute is to 'future proof' our community. From what I have seen and experienced in a short period, this is being achieved."

Thanks to Myra, Viv, Melissa and all involved."

Marco van Embden (EOLI Steering Committee & The David Susman Community Foundation)

"The EOLI course opened my eyes to the incredible work being done behind the scenes in this unique community. I got to meet incredible, humble and supportive individuals and found things out about myself I would not have discovered without the challenges thrown our way."



Cara Saven (2018 EOLI Graduate)

"Communal continuity and resilience do not happen by accident. EOLI is filling a long-recognized need to identify and cultivate the leaders of the future, and to train, equip, and support those who already play essential roles in communal life. A first cohort of leaders have now finished a thoughtful and demanding programme. They are the first of many, many generations of leaders who will benefit from EOLI."



Adam Mendelsohn (EOLI Steering Committee & UCT Kaplan Centre)

"The EOLI programme gave me an opportunity to meet many new people, have interesting discussions and be part of some great ideas. It enabled me to obtain a much better understanding of the Cape Town Jewish community and its infrastructure. I was really blown away as to how much is on offer and available and I'm very proud to belong to such a caring and well organised community. I look forward to helping enhance our community and making it a better place for all."



Sion Gelgor (2018 EOLI Graduate)

The first EOLI programme has exceeded all expectations, with inspiring, committed leaders stepping up to make a positive difference, both for the Jewish community and for South Africa. It was a privilege to work with Viv and Melissa in the design and delivery of the first EOLI programme, and to engage with the participants in Module One, and witness their abundant personal mastery as leaders."



Grant Sieff (2018 EOLI Faculty)

"The connections I have made on this program have been incredible. The highlight being the team I worked with on our action learning presentation — a team that epitomised, honesty, integrity, patience and respect for each other throughout the learning process. This program has created an Alumni for EOLI participants to continue networking and supporting each other in our future endeavours."



Hazel Levin (2018 EOLI Graduate)

EOLI 2019 will provide a platform for Leadership Development Programmes, workshops, scholars and more. We invite you to join us in investing in leadership for the benefit of our community. Please contact us at [info@osrinleadership.org](mailto:info@osrinleadership.org)

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IN AID OF ACHUZAT SARA CHILDREN'S HOME IN Bnei Brak

# Eyal Shani, Israel's world-famous roasted-cauliflower king

By Jessica Halfin for Israel21c

**With his wild gray curls going every which way, and eyebrows spewing over his thick black-rimmed glasses, Eyal Shani looks more like a classic novelist, or mad composer, than a chef.**

When he opens his mouth to speak, poetry recited in a deep whisper rolls off his tongue at a snail's pace, yet it seems that all of these elements — careful consideration, analytical thought and a little bit of head-in-the-clouds syndrome — are what have made this man the superstar Israeli chef-entrepreneur that he has become.

His fame catapulted across the Internet when his famous whole roasted cauliflower went viral in 2016 with the help of Israeli-American chef Alon Shaya, who features a version of it at Shaya in New Orleans.

A simple spin on something so basic, and naturally Mediterranean, and its unexpected mode of preparation — seemingly more suitable for roasting a chicken — got people's attention. Even more interest came from the cauliflower being served up in a pita (as was every other dish) at Shani's Tel Aviv restaurant, Miznon.

Despite being kind of a no-brainer for a city known for its vegan-friendly restaurants, whole roasted cauliflower was a new concept ushered in when the restaurant opened its doors in 2011.

Shani's restaurants also serve meat dishes in abundance. Miznon's pita-based concoctions are fast food of the most satisfying order — slow cooked and packaged to function as a quick lunch on the go, when in reality they took quite some time and attention to prepare.

It is one way that the chef and his business partner, Shachar Segel, who now own handful of other chef restaurants in Tel Aviv, including Hasalon, Port Said, Romano and Malka (their first all-kosher debut), are able to reach a millennial-aged audience with decidedly smaller bank accounts than the typical fine-dining crowd.

"I try to give my food to the young people because they carry with them the best vibes for leading my food into the country, into the city and into the street," Shani tells ISRAEL21c.

## Turkish coffee chicken and Reuben sandwiches

Successful dishes weren't always a reality for the celebrity chef. Long before he became known as a judge on the 'MasterChef Israel' television series, he introduced Turkish coffee

chicken, an original recipe from when he was first learning to cook while recovering from a disabling injury on a battleship.

As Shani himself puts it, "It was terrible, just terrible. People used to throw it off the sides of the boat." Yet somehow even that stuck, remaining a staple dish on naval ships in Israel to this day.

**A simple spin on something so basic, and naturally Mediterranean, its unexpected mode of preparation — seemingly more suitable for roasting a chicken — got people's attention.**

His first restaurant, Ocean, opened in 1989 and was the first of two culinary ventures that flopped in the early '90s.

It wasn't until 2011 that Shani hit restaurant gold with his first Miznon ('buffet' in Hebrew) on Ibn Gvirol



*Whole roasted cauliflower is a signature dish at Eyal Shani's Miznon restaurants. Photo via Facebook*

Street in Tel Aviv. This was after he'd already been gracing Israeli television screens for six years.

Branches of what started as a totally Tel Aviv kind of place can now be found in Melbourne, Vienna, Paris and New York, the newest having opened up shop in Manhattan's Chelsea Market last January.

With an unapologetic Israeli spirit, all 12 Miznon locations intentionally dabble in putting their own spin on well-known local dishes from the cities where they reside,

while dedicating the rest of the menu to signature Israeli dishes.

The local dishes come more from a place of tribute than brazen chutzpah, but Shani's carefree attitude regarding this couldn't be more Israeli.

"I love to come to a place to find the essence of the food and to work on it. One of the most iconic foods of New York is the Reuben sandwich, so I took it, analyzed it and reconfigured it.

We now do a version of a Reuben sandwich with avocado that is so good. People love it. It's almost the same, but yet it's so different," he says.

Other foods on his New York menu include a take on an American hamburger made from beef tartare. Representing the Israeli dishes: *chraimeh* (spicy fish stew in tomato sauce) using 12 kinds of hot Mexican red peppers.

## Trunk to table

One thing Americans will no doubt appreciate is Shani's affinity for farm-to-table eating, something he was

involved with since before it was a global trend. He famously demanded the tomatoes for his Ocean restaurant be sourced from the best organic farm in Jerusalem.

Farm-to-table is a concept close to many Israeli hearts, with our wonderful fruits and vegetable markets and a heavily self-sufficient agricultural system.

Shani neatens up this idea by calling it 'bagage to table,' using the Hebrew word for 'trunk' in place of 'farm', meaning that produce should be local but doesn't have to be



*Eyal Shani*

grown onsite as American chef Dan Barber famously does at Blue Hill in Westchester County, New York.

And no wonder, since no single farm could supply the 500 cauliflower heads per day that Shani serves his customers in New York alone. Shani gets most of his produce for the New York City branches trucked in from farms farther upstate.

To serve his Tel Aviv locations' cauliflower needs, entire fields of cauliflower are grown in Israel's Negev desert.

## The main principle of food

Mired by ups and downs including a nudity scandal that he claims was an accident in the form of a distasteful Instagram pic, Shani may be eccentric but the man clearly knows how to cook, and more than just cauliflower.

Sharing his Israeli-inspired food with the world so successfully puts him on par with other chefs doing the same thing: Yotam Ottolenghi, Michael Solomonov and Einat Admony, to name just a few.

His nonstop career has left him with this takeaway message: "If you ask me what I know about food I can tell you that it's all about the energy and the will of the one who's making the food. There is no inferior food or superior food. All the ingredients are only ingredients because they are made by creation, and it's all about understanding the depths of the meaning of the ingredient, and to serve it while knowing where to stop and where to continue. That is the main principle of food," Shani states poetically.

*Jessica Halfin is an American immigrant who arrived in Israel in 2006. She is an Israeli-trained baker, gourmet cook, food and culture writer, and gives foodie tours to tourists in Haifa City.*

# JEWISH LIFE ON <sup>& off</sup> CAMPUS!

A monthly recap from The Samson Student House - Serving Capetown's Jewish student community!



## THAT'S A WRAP...

Aaron Fleishman, Outgoing Chairperson - CHABoard'18



I thought I would just share a little snapshot into my time as the Chairman of Chabad On Campus. I am originally from Joburg and when I moved to Cape Town at the beginning of last year, I was really concerned I would not make any Jewish friends or find a place where I can express my Jewish identity. Then I stumbled into Rabbi Nissen on Jamie stairs and all my fears instantly disappeared. I honestly could not believe something like Chabad on Campus existed, so I jumped at opportunity to attend the first event, the Boat Party. Then along came the opportunity for me to apply to join the CHABoard. At first, I was hesitant as my life was busy enough but in the end I decided to apply as this organization stands for something very close to my heart and I couldn't be happier today that I applied. For the last 12-months I have served as the chairman to the board (from not wanting to apply to becoming the chairman...) and I can confidently say I have grown way more than I had imagined. Chabad On Campus is a student society run by the students. We sit down to plan the

events and make sure they run smoothly. There is no better feeling than being able to host an event that everyone wants and at the end, seeing people leave glowing with joy and knowing you helped achieve that, you helped bring Jewish students from around South Africa together to celebrate a Chag or even just be together. If I had to choose one moment which really stood out for me, it would have to be the CHABake where we had Aaron Lipschitz's mom come and speak to us. She explained his story and how the best chance of him finding a bone marrow donor is from people between the ages 18-24, the exact age range of our students. For me to see so many Chabad On Campus members have the bone marrow tests done to see if they a match, was the most incredible feeling. To see so many Jewish students all going for this test, hoping they are a match to help this little boy. It was a project I will never forget. Chabad On Campus is more than just a party throwing and dinner hosting society, it's a place students can call home

## GRADUATECHABAD™

After two years of running student programs, we started to identify a recurring issue. After students graduate and return to do a postgrad, we stop seeing them as often. After asking a few questions and listening to a lot of answers, GraduateChabad™ was born. Capably led by our students, Ben Rubin and Mike Levenstein GraduateChabad™ will be offering exclusive evenings curated for our PostGrad/Alumni community. There is a clear need for higher

intellectual stimulation and more relevant, topical discussions as PostGrads transition into the world of business and start-up life. For our first evening, we were extremely lucky to hear from Monica Singer of ConsenSys and former CEO of Strate. Who educated us on her topic: 'The Future of Money and the Internet of Value'. Indeed an eye-opening presentation about what some people are calling the fourth industrial revolution.



PostGrads: Aaron Weinstein, Michael Levenstein, Rob Leusink, Steven Fine, Benji Weinstein, Ryan Kopping, Jonathan Machlup, Greg Glazer, Tamir Shklaz, Josh Berkman, Ashleigh Favish, Dr Eddie Odes, Monica Singer, Rabbi Nissen, Ben Rubin

## UCT PEDI-SUKKAH



SA's first pedi-Sukkah making the rounds on upper campus

Inspired by Chabad houses all over the world who are constantly innovating to make Judaism more accessible to Jews, we decided to build a Pedi-Sukkah this year to ensure our students on campus had access to the Mitzvot of Sukkot. Pedi comes from peddle as it's peddled around on the back of a bicycle. David Levin, an ex Herzlian and UCT engineering graduate designed and built it pro-bono. And baaaam! after several rounds of testing and modifications, check out the results on the left. We thank the UJC and Berk Enterprises for their generous grants making our High Holidays possible.



Sam Luntz and Fiona Serebroff proudly shake Lulav and Etrog on Jammie Plaza in front of hundreds of students

Stellenbosch University is becoming an increasingly popular destination for our students these days. Our Stellies community is growing nicely and we are frequently discovering new yids (including faculty) who are showing an interest in Jewish life in the area. This Sukkot, we launched our StelliesYid™ hoodie and had the most beautiful braai in the sukkah. Thanks to the Stellenbosch Shul and Van Wyk family for sponsoring the occasion. Our boys and girls in Stellies are true #Lamplighters!

## SUKKOT AT STELLIES



A beautiful sukkot braai in the Stellenbosch Shul Sukkah



L-R: Rabbi Nissen, Josh Miller, Daniel Taitz, Josh Jermyn Dylan Baitz, William Van Wyk, Aaron Zetler, Asher Valentini, Lorenzo Landauer, Dani Moore, Claudia Harrison, Tor Kaplan

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Sherry Miller to Herman Varkel

Photo: Andrew Brown

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# Israeli named BBC Philharmonic chief conductor

By Abigail Klein Leichman for Israel21c

The British Broadcasting Corporation announced that Israeli conductor-composer Omer Meir Wellber, 36, has been appointed as the BBC Philharmonic's new chief conductor.



Israeli conductor-composer Omer Meir Wellber will be chief conductor of the BBC Philharmonic beginning September 2019. Photo by Wilfried Hösl

He is to take up the post in September 2019 and his initial contract is for four years. Wellber, 36, also is principal guest conductor at Semperoper Dresden

and music director of Ra'anana Symphonette Orchestra in Israel.

"I first worked with the BBC Philharmonic in March and knew straight away that they were a very special group of people and exceptional musicians," said Wellber, who is succeeding Spanish maestro Juanjo Mena in this role.

"Having seen Omer conducting a number of orchestras over the last year I have been fortunate to have experienced his brilliance firsthand in a wide range of repertoire," said BBC Philharmonic General Manager Simon Webb.

"His immediate connection with the BBC Philharmonic was evident in his first concert and we are now delighted to have secured one of the most sought after young conductors of his generation."

Wellber has been principal guest conductor at Semperoper Dresden since September 2018 and, since 2009, music director of the Ra'anana Symphonette Orchestra in his native Israel. In January 2020, he will start his tenure as music director of the Teatro Massimo di Palermo.

Born in Beersheva, Wellber is making his conducting debut in five performances of the opera "Carmen" at the Metropolitan Opera in New York during October and November. His operatic career has taken him to the Palau de les Arts Reina Sofia in Valencia as music director from 2010 to 2014, to the Bayerische Staatsoper Munich and the Glyndebourne Festival.

A regular guest conductor at the Bavarian State Opera Munich, La Fenice in Venice and the Israeli Opera, Wellber balances frequent international appearances with a commitment to performing classical music and promoting music integration projects in Israel. He also is a Good Will Ambassador for Save a Child's Heart, a nonprofit medical charity based at Wolfson Medical Center in Holon providing free cardiac surgeries to children from developing nations.

Abigail Klein Leichman is a writer and associate editor at ISRAEL21c. Prior to moving to Israel in 2007, she was a specialty writer and copy editor at a major daily newspaper in New Jersey and has freelanced for a variety of newspapers and periodicals since 1984.

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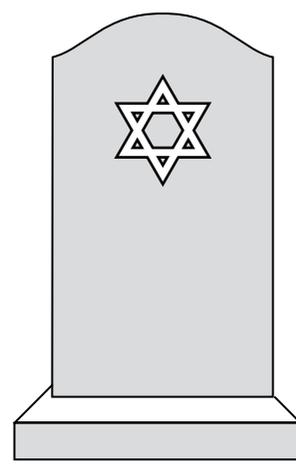
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## SPORT

## Maccabi and Herzlia visit Khayelitsha



**On 29 July Maccabi WP teamed up with Herzlia to take part in a Gemilut Chasadim programme at the CTCten SafeHub in Khayelitsha. The programme uses sport to teach life skills to the children at the SafeHub.**

SafeHub is a sport (specifically soccer) and life skills organisation, where children from Khayelitsha come to play soccer after school. Apart from the sports training, they are offered life skills lessons which help them deal with challenges that arise in young people's lives.

Players start from as young as five years old and extends to those round the age of 17. Maccabi decided to run this particular programme for younger children in the 7-9 age group.

These kids have created a league, with a difference. Their league is called The Fair Play League. The game is the same, however the rules in terms of behaviour and sportsmanship differ. You get points for demonstrating teamwork, showing respect, dealing with frustration positively and dealing with setbacks. Points are allocated for this as well as

goals scored.

The Maccabi players prepared activities to play with the CTCten players. The emphasis of these activities was on teamwork, showing respect, dealing with frustration positively, as well as setbacks, all through playing sports activities. The children also played various soccer matches which everyone enjoyed thoroughly.

At the end of the day Maccabi donated sports equipment, clothes, books, shoes and stationary to the CTCten children. The day was enjoyed by all with Maccabi looking to do another programme soon.



## Gold medal for Geneva

**Twelve-year-old Geneva Cohen from Oranjezicht, is a rhythmic gymnast with the Dynamic Rhythmic Gymnastics Club.**

Geneva achieved first place at the Western Cape Championships and was subsequently selected to represent the Western Cape at the National Gym Games in Gauteng in October this year. She won four medals at these games including a gold medal for ribbon, and was placed in the top two overall in SA in her age group.



## USING MY NUDEL

## Fathers are important too!

By Craig Nudelman



**My wife gave birth to a beautiful baby girl in October, and now I am a father of two!**

I don't know how Jessie will react to Livi Rae, but it's going to be an exciting time in all of our lives for the next few months. Mass adjustments have to be made for all of us in our new home environment. However, I cannot be there for the entire adjustment period, in a manner of speaking. I have to go back to work after five days of 'family responsibility' leave. I have five days to assist my wife and daughter in this adjustment period and I am expected to go back to work, with the full knowledge that this massive change is taking place without me being there.

I am upset by this. I only get five days (which is more than the legal requirement of just three days!) to keep watch over my newborn; to try bond with her and create a relationship in that brief period of time. For your knowledge, 'family responsibility' is not limited to the birth of a child — it is not equivalent to what one might say is paternity leave. Labour law stipulates that "This kind of leave provides for an employee's responsibility towards his/her family and can be taken when an employee's child is born and when a child is sick. In addition, Family Responsibility Leave can be taken in the event of the death of an employee's spouse/life partner, parent or adoptive parent, grandparent, child or adopted child, grandchild or sibling". Now what do you think about that? Is that fair? Does it fit into the reality of what it is to be a father in the 21st century?

There are multiple reasons for the advantage of paternity leave (or parental leave). I believe the first has to do with the father's mental health. I was broken when I had to return to work and resume my regular day-to-day functions. The exhaustion that you face as a new parent is intense. This can lead to a reduction in productivity for the father, as isn't able to do his best at work. I know that my mind will still be back at home with my wife and daughters.

As mentioned above, productivity is a large factor, and essentially leads to an economic disadvantage. Liza Mundy, in her 2014 article, "Daddy Track: The Case for Paternity Leave" states that paid paternity leave is important for the economy, not just the benefit of the father. In fact, she states that paid paternity leave is more beneficial to women in the workplace. She explains that women who can advance in the workplace ultimately benefit the country. Mundy's theory stems from a World Economic Forum report released that year, which commented, "countries with the strongest economies are those that have found ways to further women's careers, close the gender pay gap, and keep women tethered to the workforce after they become mothers".

Recent studies have shown that a child's cognitive development is higher in newborns up to the age of three months who have had a large amount of time spent with their father. In a study published by Infant Mental Health Journal, "researchers from Imperial College London, King's College London and Oxford University looked at how fathers interacted with their babies at three months of age and measured the infants' cognitive development more than a year later." They saw that the relatively unexplored link between infant-father relationships may be more important than most people realise. "Professor Paul Ramchandani, from the Department of Medicine at Imperial and who led the research, said: "Even as early as three months, these father-child interactions can positively predict cognitive development almost two years later, so there's something probably quite meaningful for later development, and that really hasn't been shown much before".

It is important for the child socially, too. A child's emotional and social development is highly influenced by the father figure in a child's developmental stages. Dr. Ditta M. Oliker, in a 2011 article in Psychology Today, states how a child's confidence in a social environment grows. Quoting from a report on 'Fathers and their impact on children's well-being', she links that "(e)ven from birth, children who have an involved father are more likely to be emotionally secure, be confident to explore their surroundings, and, as they grow older, have better social connections." A father's playful attitude also has an important aspect on the afore-mentioned development. Oliker states, "The way that fathers play with their children (...) has an important impact on a child's emotional and social development. Fathers spend a higher percentage of their one-to-one interactions with infants and preschoolers in stimulating, playful activity than do mothers. From these interactions, children learn how to regulate their feelings and behavior."

I hope that in the future, men can get the opportunity to be a part of this enormous developmental stage for longer than five days. But for now I want a chance to experience things with Livi Rae, getting to know this little thing a little more every day.



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